

Effective communication

Read the pages “Significance for the team” and “Effective communication” in your Insights Discovery Profile. Highlight the two statements on each page that are most important to you.

The purpose of this exercise is to develop action plans that build on individual team members’ key strengths and strengthen internal communication.

Once you have completed the form below, share what you have written with the rest of the group. Other team members may then ask follow-up questions if they do not fully understand your communication preferences.



Choose one statement from “Significance for the team” and one each from “Effective communication” and “Barriers to effective communication” that you would most like other members of the group to act upon, and write them in the table below. If you prefer to write your own statements instead of using those from your profile, simply note them here.

What do I contribute to the team?

How should others communicate with me?

How should others NOT communicate with me?
