

Digest Four – May 2025

Theme: Communication Styles

The May monthly digest theme is **Communication Styles**. Knowing your preferred communication style can help with identifying your ideal work environment and leadership preferences. Below is an assessment to help you discover your communication style. Then, let's talk about what this means for you and your ideal work environment!

- Click the following link to access the assessment: [Communication Styles-assessment-ESAI](#)
(You can also find the assessment in the Training and Resources website: [here](#))

Cohort Discussion:

Based on your assessment results, what characteristics are important to you in how you communicate with others? What does this look like in a work environment? Your assessment results include skills, characteristics, and priorities – how does this translate to strengths you bring to a team? Consider how you can discuss these strengths in an interview to highlight your skills.

Pair Activity:

Your work environment and preferred communication style are interconnected and in interviews you typically have an opportunity to ask questions about the role. With your mentor/mentee, brainstorm potential questions to ask in an interview to assess team environment. Alternatively, discuss what team environment and leadership style would best fit your communication style.