

Can't We Just Get Along?

**Half an hour working through
this exercise can save you many hours
of frustration!**



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Frustration.

We all have more than our share of it and sometimes dealing with people just adds to it. There is something you can do about this, though. No, you can't stop dealing with people, unless you plan to move to the high desert and live in an abandoned shack. Even then you'll need supplies.

What you can do is understand the sources and causes of frustration, and learn ways to reduce or eliminate the causes. In this exercise, we'll address the issues of how behavior and communication create frustration.

My Communication Style (Use your DiSC Profile if you have one)

What I Value at work and at home

What I don't have patience for

How best to communicate with me. Not just the medium (email, text, phone) but also whether you want the just the bottom line with details to support the bottom line, the details upfront, etc..

How to help me

What people misunderstand about me