

Understanding Communication Styles

Communication is the key to successful interactions. Discover the main communication styles to enhance your relationships — both personal and professional.

Business Communication

This type of communication is all about the process. People are looking for answers and new ideas, so they slow down and pay attention to the little details and steps.



Assertive Communication

It's a balanced and effective style that expresses thoughts and feelings clearly and respectfully. The speaker can use clear body language and eye contact for assertiveness.



Amiable Communication

People using this style tend to care more about what other people are going through than how well they are doing the work at hand.



Conflict Communication

When it comes to communication in conflict, it's all about winning at any cost, which often means hurting others.



Interpersonal Communication

It's a way of communicating that's open and honest. What motivates them is getting respect, praise, and recognition from others.



Management Communication

This type is characterized by a strong, commanding, and direct style. People who interact with others are often seen as leaders who are driven by results and want to get things done.



Aggressive Communication

It involves dominating conversations, which often results in conflicts and strained relationships. Thus, it's best to practice active listening and empathy to reduce aggression.



Passive Communication

It's characterized by avoiding confrontation, leading to unexpressed feelings and needs. You may use "I" statements to express thoughts and feelings calmly.

Passive-Aggressive Communication

This style combines passive and aggressive traits to indirectly express negative feelings. To avoid this, promote open dialogue to address underlying issues.

