Communication Essay

[Name of the Writer]

[Name of the Institution]

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**Question # 1**

**Positive Aspects of Communication Style**

After analyzing my communication style, I came with several aspects but the following positive aspects positive which are;

**Assertiveness:** The most crucial and one of the positive aspects of my communication style is assertiveness. This aspect of my communication is positive because I do not feel hesitate or afraid while stating what I want to state.

**Congenial:** Congenial is an aspect of communication which cannot be found in every individual. Congeniality is a positive aspect of my communication style due to the reason that I am very cooperative, friendly and affable to others in my routine life.

**Verbal Communication:** Verbal Communication in my communication style has been considered as a positive aspect because it enabled me to communicate my views and thoughts in a clearer manner than through other types of communication.

**Responsiveness:** Responsiveness means paying high attention and focus on everyone who communicates with you. In other words, responsiveness in communication is focusing on other person needs and perspectives (Alvernia, 2018). Hence, this aspect of my communication style is a positive aspect.

**Question # 2**

**Examples of Communication Strengths**

**Cohesion and Clarity**

Cohesion and Clarity is one of my key strengths. This strength has benefited me in my communication with other people in several ways such as conveying the right and exact things and point of discussion and enabled me to obtain clear results from my communication which further led to better and effective decision and elimination of confusion.

**Confidence**

The level of confidence I possess is my crucial and most valued strength of mine. This strength has benefited me more than a few times. Confidence helped in talking in front of my teachers and senior colleagues which enables me to communicate my concern in a better way than others (Alvernia, 2018). Additionally, due to confidence, I get better decisions and help from my seniors which further assist me in life.

**Respect**

Respect is the communication that forces me to value the views, opinions, and ideas of others. Hence, this strength of mine benefited me in the way that people are more likely to communicate with me.

The above communication strengths are beneficial for me when working as a health practitioner in the following ways.

* Cohesion and Clarity would enable me to know the health issues and concern of patients in a clear way with no confusion. Hence, I would be able to provide patients with the possible best services and treatment than any other practitioner.
* Confidence is a strength which will be helpful for me to communicate and face each of my seniors in the field (Meuter, et.al, 2015) so that I would be likely to learn more than those who lack confidence and do not prefer to face seniors.
* Respect is key while working as a health practitioner. This would enable me to listen to and respect others views. So in that case, individuals would prefer to choose for the treatment at the hospital instead of other practitioners.

**Question # 3**

Below are the steps which I can take to strengthen the above characteristics.

1. First of all, I would work on improving my body language especially at the time when communicating with others in personal or professional life.
2. Ensuring the real meaning of the message which I would be communicating with other concern people.
3. I will work to improve and keep maintained a positive attitude and behaviour in every situation I am in.
4. I will work on eliminating ego when dealing with any type of issue or concern in personal and professional life and would prefer to listen to others’ views and value them accordingly.
5. Will use self-talking and positive visualization to persuade me and then use that tactic in communication with others (Meuter, et.al, 2015).

Beyond that, I can improve my skills regarding teamwork, improve my interpersonal communication skills, improve problem-solving skills, and enhance the level of flexibility in my communication towards others to develop new strengths needed as a health practitioner.

**Question # 4**

Some critical aspect of my dominant style that becomes trouble spots in my communication while communicating with an individual or in group communication are described below.

**Passive Aggressive**

Passive communication becomes trouble spots in my communication or communicating in a group (PMO, 2019). This becomes a trouble spot because I feel powerless in passive communication while I never prefer to feel stuck or powerless in any case or situation.

**Aggressiveness**

Aggressiveness is the most aspect of my dominant style which becomes a huge trouble spot in my communication. This becomes trouble I possess a strong ego as well as I get angry a bit faster than those who don't. So, in such cases, I do not fully hear to others nor I get others' views and concerns while just feel my aggression and speak loudly which destroy my communication and message (Alvernia, 2018).

**Question # 5**

Below are the ways through which I can control the above troubles.

* I can control aggressiveness through ensuring that I praise fine behaviour often and immediately.
* Control my ego and listen to other views which can be beneficial for me in improving this area.
* In reality, no one is powerless nor stuck in communication, not in passive communication. So, I would eliminate my views and such thoughts that I get powerless in passive-aggressive communication.
* I will control the troubles by understanding that my behaviour needs to be changed and improved instead of keeping behaviour and ego at the same level (Vermeir, et.al, 2015).

**Question # 6**

Friendliness and Confidence are the communication styles that I communicate with very effectively. I communicate with these effective because;

**Friendliness**

I encourage and persuade people towards a job or task by friendly behaviour and engage them in open and honest communication with myself. Beyond that, I communicate with these styles effectively I have the capability of making recipients more valued and highly appreciated when I communicate with them in a friendly manner.

**Confidence**

Confidence is the second communication style that communicates very efficiently and effectively. I do so because I make my juniors and colleagues (e.g. coworkers) believe that they will follow what I say. Despite, I communicate effectively with this because I am enough efficient in making eye contact, use supportive tone, and avoid making useless statements which may impact my confidence inversely (Foronda, MacWilliams, & McArthur, 2016).

**Question # 7**

I communicate less effectively with Clarity & Cohesion and Open Mindedness. I do this because of the following reasons.

1. The reason why I communicate less effectively with Clarity & Cohesion is I mostly talk too much than I need to while effective communication means talking just enough with the required amount (PMO, 2019). Hence, I get failed to communicate my message in the required words directly and clearly.
2. Beyond above, I communicate less effectively with open-mindedness because I do not possess the ability to enter into conversation with an open and flexible mind. Other than this reason, I sometimes (very few) fail to understand others' point of views while simply get my message across and this lead to the disagreement of people to whom I communicate.

**Question # 8**

The major challenges that I face in my everyday communication are;

* Lack of planning
* Poor listening for better communication (Sometimes)

In everyday communication, I face several challenges but the above mentioned are the most crucial ones for me. In detail, I sometimes face the challenge of not committing my full attention and usually causes me in the way that I make the person or group feel invalidated. Despite that, I mostly get failed to have forethought planning of what to talk and what and how to communicate especially when communicating to those whom I communicate a bit less than others.

**Question # 9**

Below are the beneficial steps which I can take to overcome the above-described communication challenges.

* Understand the importance and purpose of preplanning and being ready for any future contingency when communicating to the people in routine life especially elders and seniors etc.
* I would also take steps regarding improving listening skills such as facing and listening to speakers, seniors, and colleagues (Foronda, MacWilliams, & McArthur, 2016). As well as would be focusing to be attentive and open-minded while listening to anything crucial or important.

**Question # 10**

Awareness of everyone’s or one’s communication style “such as communication style of a patient” is hugely important for everyone engaged in the provision of healthcare activities. It is important because awareness of and understanding the communication style enables the healthcare professional/provider to go in accordance to the patient’s communication style so that they would clearly understand the health problem a person faces. This awareness is highly and vitally important in healthcare especially in covering issues of patient’s safety and teamwork.

Having awareness of one’s (patient’s) communication, health practitioners would be able to educate patients regarding safety issues they face as well as they will have ideas of what communication style should be adopted by the team/group to perfectly cover patients’ needs. As well as awareness of one’s communication style in teamwork gives an idea of how to communicate with that particular person and the entire team (Banovic, 2016).

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