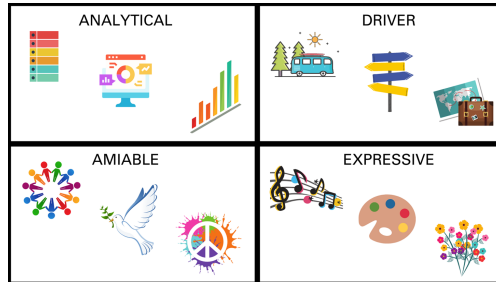






# Social Media: Social Styles



Communication can be tricky for everyone, especially when it feels like you are never speaking the same language as some of your colleagues. In social work, we strive to live by the platinum rule: “Treat others how they want to be treated.” Treating others how they want to be treated can begin by learning to communicate with them in a way that engages them. This point leads me to social styles. Social Styles examine how your style of communication can affect your engagement and connection within business, as well as personal relationships. This is NOT to be confused with a personality test, but rather a communication and connection detection test. The test breaks styles into four categories, but also reminds us that we are all capable of each one when placed in the right situation. These styles are analytical, driver, amiable, and expressive. I can’t give you all the details of the styles, but I can hit the highlights! Analyticals tend to think things through carefully before acting and prefer not to be highly assertive in expressing their ideas and preferences. Drivers tend to be highly assertive and action oriented; they are “controlled” and tend to focus on tasks and results more than the person and process. Amiables tend to carefully think through things before acting and prefer not to be highly assertive in expressing their ideas and preferences; they generally do not engage in “directing” others. The final style is expressives, which are individuals who tend to be highly assertive and action oriented; however, unlike the driver, they tend to focus on the people and ideas more than the actual task at hand. In the chart below each wolf head represents a member of our training team and what dominant style they fall into.

ANALYTICAL	DRIVER	AMIABLE	EXPRESSIVE
			

You may notice my team is across the board, which is why it is just as important to understand the other styles as it is to understand your own. As stated in the center’s policy, “We learn from families and communities.” We wouldn’t be living up to that claim if we didn’t also learn from our own team members and adapt to their needs. If you’re interested in learning more about your style, check out our Connecting Families: Family Support in Practice training being offered October 4–10, 2023. Prioritizing your own communication needs, as well as learning those of the ones around you is a great building block in building sustainable relationships!