



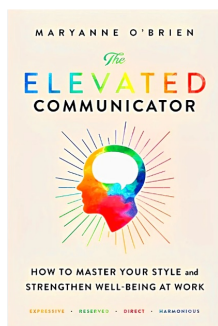
A WEEK IN *Learning*

L&D RECOMMENDATIONS
for TED Talks, podcasts, books, and more!

THE ELEVATED COMMUNICATOR: HOW TO MASTER YOUR STYLE & STRENGTHEN WELL-BEING

By **Maryanne O'Brien**

Recommended by **Jana Pemberton, Training Administrator, Learning & Development**



Communication is a crucial skill needed in most aspects of our life. The ability to effectively communicate is especially important when working in a team environment. The Elevated Communicator by Maryanne O'Brien not only helped me to better understand my unique communication style, but also how to master it.

Maryanne O'Brien has developed a proprietary model of communication styles: **expressive, reserved, direct, and harmonized**. She reviews each communication style, teaches you how to master your own, and helps you bridge any communication gaps.

Here are my three favorite lessons from this book:

- Strategies to manage communication styles while in stressful situations.
- Recognizing my own communication style and improving how I communicate.
- Understanding the communication styles of others to connect with people more effectively.

Click each link below for more information



Let us know what you thought of this week's content.



Read more about this recommendation.



Learn more about the L and D team.

To view this Week in Learning, and more, please visit: <https://gwl-az.org/WIL>

