

Communication Best Factors

Following are typical responses from workshop participants who are asked to identify circumstances when they are at their communication best. Read and discuss with others. What trends do you see?

I am at my communication best

<i>When I am . . .</i>	In a role	Rehearsed
In a good mood	Undistracted	Something to say
Rested	In a crisis	Coffee
Not preoccupied	Alone	Acceptance
Organized	Talking	Respect
Not hurried	Being observed	Trust
Supported	Face to face	Time to think
Treated equally	In control	
Confident	Enjoying myself	<i>When . . .</i>
Not frustrated	Among friends and family	I feel strongly
Talking one to one	With kids	I can write down my thoughts
Comfortable with the setting, person, and subject	Being listened to	I get feedback
Happy	Calm	I understand the language
Knowledgeable	Aware of others' perspectives	There are consistent expectations
In a small group	Angry	I know the audience
Relaxed	Challenged or confronted	It's Friday 4:40–5:30
In familiar surroundings	Stimulated	It's a positive situation
Prepared		There's humor
Understood	<i>When I have . . .</i>	I've had past positive interactions
Not tired	A good listener	There's no noise
Not hungry	A comfortable environment	I feel like it
Not hot or cold	Routine	It's early morning
Interested	Someone's full attention	I can express myself immediately
Healthy	Eye contact	
Not stressed	Responsiveness	
Focused	Cooperation	I can use my hands