

## The Interacting With Others Competency Styles™ Preference Behavior Facets

We interact with others all the time in our work and away from work lives. But we seldom stop, and ask ourselves “What is my preferred way of interacting with other people?” “Is the same or different from the way that others prefer? If so, how?”

Insight into how we prefer to interact with others is a crucial part of our ‘self awareness’. Research and experience have shown that the more we are ‘self aware’, the more effectively we interact with others. This is especially the case when that interaction involves stress, tension, or conflict.

We more insight we have into our preferred behavior patterns around how we interact with others, the more effectively we will be in interpersonal situations, whether they occur at work or in our away from work lives.

Insight into how we are alike and different from others on these 5 interaction behaviors in the profile on the left can make a large difference in your productivity, your career and even your personal life.

**Soft or people skills are the single biggest contribution to effectiveness at work or in our ‘away from work’ lives.**

