



*Lesson #6*  
**You're All Talk**

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### **This Week's Objectives**

The objective this week is to look at your communication tendencies in a slightly different light and see if you can learn from it, choosing an area or two to refine. We also want to take a little time this week to look over the past 6 weeks and wrap a few things up together.

### **The Art of the Word**

There are a few characteristics of self-management that I put in the category of vital, and I mean VITAL to know.

Our individual, unique communication style is one of them.

And this is especially important for women because we are often "accused" of being so different in the way that we communicate. In past times, when a man has made a comment at work about "oh all you hens cackling" or something like that, it tended to make me defensive.

As a side note – those possibly female-like reactions that you may have are good candidates for your **CHICK CHECK** notes. You may be doing something naturally, yet workplace feedback may send the message of "not fitting here!" Use the **CHICK CHECK** for catching yourself on those and seeing where you may want to adjust or find the inner backbone to blow by them. Yeah baby!

For those of you who have taken a communications style assessment or are familiar enough with any sort of styles model, this may be an adaptation or repeat of what you already know. That's good. For the rest of you, this will be a new experience. If you had me there in person, it would take you onto a magnificent personal journey of the fun findings of interpersonal skills. It would be an enlightening experience! You can probably tell that I really adore and appreciate this topic. Oh well, work by yourself for now then.

**Communication Style: Assessing Is Knowing**

What is your communication style? Jot down what you do know here.

Ex: direct, fast-talking, lots of non-verbals, too blunt, gentle, big picture, etc.

Now look at the Model we call The Intuition Model, a description of where women tend to excel naturally when interacting with others and with projects. Here it is again:



The INTUITION MODEL

And here are the 16 Female Leadership Skills that come from it:

- |                                |                               |
|--------------------------------|-------------------------------|
| <b>Inspiring</b>               | <b>Involving Others</b>       |
| <b>Mediating</b>               | <b>Building Relationships</b> |
| <b>Listening</b>               | <b>Collaborative Mindset</b>  |
| <b>Sensing Intent</b>          | <b>Multi-Tasking</b>          |
| <b>Sensing Undercurrents</b>   | <b>Big Picture Thinking</b>   |
| <b>Empathizing</b>             | <b>Planning</b>               |
| <b>Interpreting</b>            | <b>Keeping Perspective</b>    |
| <b>Emotional Intelligence*</b> | <b>Social Equality</b>        |

\* If you need reminding, Emotional Intelligence, also referred to EQ (like IQ only more about Emotional Quotient) is briefly defined as having a high self-awareness and acknowledgement of feelings.

## Communication Strengths

Are there areas of communicating that are strengths for you when using one or more of the above skills?

What does a certain leadership strength that you have say about how well you communicate in those situations?

*Example: If you are strong in involving others, then you are probably a good communicator of asking others questions or communicating needs.*

*Example: If you are good at interpreting, then you are probably an effective communicator at describing things well or in speaking with clarity.*

What do you tend to have trouble with?

*These may include areas such as: making myself clear, having a conversation I am avoiding, getting distracted, using the wrong tone, jumping to conclusions, etc.*

*Example: I have trouble keeping perspective. So, when I try to make a point, I bring in badly chosen points of view, such as nitty areas that should not be as big of a deal. I realize it later.*

### **Your Challenge for the Week**

Find one thing in the above lists that you can focus on this week to make you a better leader in the area of improved communication skills.

Here's a hint: great leaders are flexible. What would be a stretch area for you?

Your focus for of improving communication will be:

**PROGRESS NOTES**

Take notes here during the week for how it goes.

Be sure to include areas of success as well as areas that are struggles for you.

## MID-COURSE REVIEW

Your Skirt Studies training is a well-rounded course in several leadership areas. Here's a spot to jot a few notes or to give yourself a grade in how it's going.

### **Week 1      Getting' Your Skirt On: Assessing Your 16 Female Leadership Strengths**

You assessed yourself around 16 traditionally feminine skills. You considered where you were strong and where you wanted to get input from others.

### **Week 2      I am Woman: Settin' Some Goals around your Strengths**

You learned the SMART system for setting your goals (or maybe it was a review for you) and set several goals that connected to the 16 female leadership skill areas.

### **Week 3      Time: That's All I'll Say – Time Management**

The Morning Kickstart was a tool to keep you productive. You were challenged to try this out and to utilize the other productive habits you presently incorporate.

### **Week 4      Get Out! Being Well-Rounded with Community Activities**

We emphasized the natural tendency for women to be a part of a community and volunteer activities. You challenged yourself to get out into the community more or else to evaluate your present level of engagement there.

### **Week 5      Design Others: Serving as a Mentor**

This week tested your braveness in giving of yourself as a mentor, which we called a Designer. This will likely be an ongoing interest for you as a leader.

### **Week 6      You're All Talk: Improved Communication Skills**

Of course, this is fresh in your mind. Communication will be an ongoing theme and we will push on many different aspects of it.



## CHICK CHECK

**A few questions to validate your feminine approach to this week's assignment.**

Were there any female-related issues to this week's assignment?

Did you learn anything new about yourself?

## My Ongoing RINGY-DINGY List

**Items that come up throughout the course that you want to remember or task for yourself. Your "short list" of things that are working best for you or "AHA"s.**

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