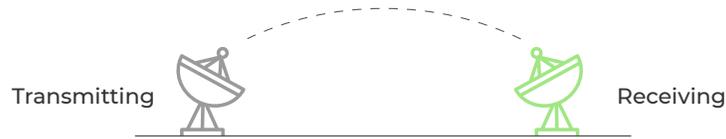


# Thrive 101 | Communication Code

Before completing this exercise, watch the video on the Communication Code. Complete the exercise below to gain further understanding about how the Communication Code impacts you specifically.



## Critique

"Critique my work"

## Collaborate

"Shape this with me"

## Clarify

"Check that you understand"

## Care

"Create a safe space"

## Celebrate

"Celebrate success with me"

1 | What two communication codes do you most often transmit to others?

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2 | Which two communication codes do you most often prefer to receive from others?

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3 | If the two that you most often transmit and the two that you prefer to receive are different, what can you learn about your own communication to avoid communication breakdowns in the future?

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