

Prevent Burnout Based on Your Behavioral Style



Precise Communicator (High C): Broken Focus Means Burnout

Precise communicators are neat, conservative, and careful. They are at high risk of working through the day nonstop, without taking breaks or catching their breath. This rapid pace and internal pressure means worse concentration over time and increased anxiety.

Another contributing factor is the number of disruptions that derail High Cs. “I burnout over the number of video calls held during the day, whether scheduled or impromptu,” shared Carol Mettenbrink, one of our Senior Business Development Consultants at TTI. “They take time away from my ability to stay focused on project work. I’m also constantly doing research to make sure I am ‘up’ on the latest information of how the pandemic is progressing and trying to make sense of it all.”

Solution: Take Breaks and Set Boundaries



Precise communicators need to set boundaries during the day and reconnect later. It’s ok to say no to a call if they are in the middle of something! In the oVce, they likely were comfortable asking for a later conversation if someone popped in and interrupted them; doing the same thing over chat is perfectly acceptable.

High Cs tend to be strict in their expectations of themselves and others; so they need to turn that strictness towards respecting boundaries with themselves. Schedule in time to take breaks and honor that schedule.

The number one thing each behavioral style can do to avoid burnout is focus on increasing communication.

For more information about how you can bring DISC assessment and training to your organization, please contact philtr@reynoldsconsulting.org or 713 249 38436