

# Prevent Burnout Based on Your Behavioral Style

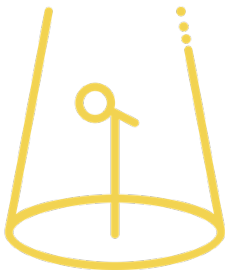


## Outgoing Communicators (High I): No People = No Productivity

Outgoing communicators are energetic, enthusiastic, and conversational. It might be easiest to understand why these people are having a hard time right now since they thrive on interaction and relationships. The loss of watercooler chat in the office combined with social distancing and no public connection are hitting them hard.

High Is are also agile and tend to jump between projects, but this distractibility is an issue while working from home, since kids, pets, household tasks, and everything else you can think of are competing for their attention.

## Solution: Work Hard, Then Play Hard



Outgoing communicators need to hold themselves to high standards and a strict schedule. The Pomodoro method is a great strategy to utilize; high concentrated bursts of productivity followed by small breaks keep high Is interested and engaged. If you're a high I, make sure to schedule time with coworkers, friends, and family to check in and get the face-to-face contact you crave, even if it's on a Zoom call. Utilize video chat whenever possible to stay connected.

Remember, the greatest strength of Outgoing communicators is their ability to connect with others and engage them! Their presence on your team will help everyone stay connected.

***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 [phlr@reynoldsconsulting.org](mailto:phlr@reynoldsconsulting.org) or 713 249 38436