

# Prevent Burnout Based on Your Behavioral Style



## Steady Communicators (High S): Fast Pace Means Misery

Steady communicators are patient and reliable. They thrive with routine and a slower pace, so they are understandably struggling right now, as their work environment is turned upside down. They are feeling obligated to speed up their pace to remain agile and flexible, but that overextension will exhaust them in the long term.

### Solution: Talk it Out



Communication is their not-so-secret weapon against burnout. By reinforcing clear objectives and sharing their questions, high Ss can make sure they are on the same page as their team. Don't be afraid to ask for further clarification at the end of the meeting— don't let it end without getting the next step confirmed. Over-communication right now is ideal. Steady communicators can't be afraid to share what they're working on as well; by documenting both deadlines and achievements, they will bolster your confidence in themselves and re-establish a sense of completion when it comes to projects.

*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