

The Table Test Online Worksheet

Analyzing Your C communication at the Table, Past and Present Exercise

What you will get –

This exercise will help you uncover how your family dinner time seating and communication may be affecting your current communication habits good and bad at work and in your personal life. The insights that you gain can help you make different choices about where you sit at meetings and how you communicate each and every day.

Draw a picture of the dinner table your family had while you were growing up. Put your name by your seat, and then write in the names of everyone else at their seats. If you ate in front of the TV or your laptop, draw that. Now draw lines between who talked to whom the most. Then imagine your body language, your voice at the dinner table, and the body language of others.

Draw your table communication here

1. What were your nonverbal behaviors at the table?
2. What were other people's nonverbal behaviors?
3. How did others treat you and interact with you?
4. How did you feel at the family dinner table?

Now draw how and where you tend to sit at meeting, dinners, and conference tables as an adult and where other people sit in those settings.

- How do you act at meetings today?
- How do other people interact with you?

Are there any similarities between your behavior as a child and your adult behaviors and relationships? when you are sitting around a conference table or are out to dinner?

- How do you feel about your snap in each of those settings?
- What would you like to improve about your snap?

You may want to go back to chapter 2 in SNAP and look at the four first-impression factors and see how they affect your snap.