



## 2.2. Poor communication skills examples

### Examples

To get examples of poor communication skills, you just can take the list of good habits and turn them on their head.

Active listening is a great skill, but passive or distracted listening is a damaging quality and a prime example of poor communication. Getting straight to the point is helpful, but you can throw your clients off by talking in circles.

Some more examples:

- Hostile body language, like crossed arms
- Interrupting
- Ignoring someone's feelings
- Assuming you know someone better than they do
- Being too defensive

### How to improve communication skills

Being mindful of strong communication skills can help you improve your ability to communicate and help you become a better coach.

Practice makes perfect. Consider your communication strengths and weaknesses with respect to the list above. Form new habits by practicing and improving the more difficult skills for you, check in with yourself after every interaction, and be honest about how you're doing. Improving your communication will help you and your clients.

If you're struggling with managing multiple tools in your coaching business or you're tired of doing all the administrative work manually, Practice can help streamline and get everything in one place. [Get access to the platform here.](https://practice.do/blog/communication-skills-examples-coaching-relationships-with-clients)

<https://practice.do/blog/communication-skills-examples-coaching-relationships-with-clients>