

Effective Communication

5 WAYS TO COMMUNICATE BETTER WITH PEOPLE YOU CARE ABOUT

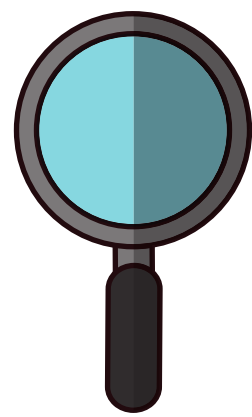


1.) THINK BIG PICTURE

How do you feel about this person? What are your long-term goals in the relationship? How would you like to feel about this exchange tomorrow?

2.) SHIFT YOUR FOCUS

What do you have in common? How have you navigated difficult conversations with this individual in the past? When you look at the situation from the other person's perspective, what can you see differently?



3.) LEARN THE ART OF VALIDATION

Validation doesn't mean agreement. It just means that you acknowledge the other person's feelings and point of view.

4.) FOCUS ON PROCESS OVER CONTENT

Instead of getting swept up in the details (who said what, when, and how), talk about what is actually happening between you. A good formula to use: "when you...I feel...I need..."



5.) BE INTENTIONAL

Put the phone down. Use current events, television shows and books as springboards for deeper conversations. Ask hard questions. Be curious. Be spontaneous. Schedule time together -- put it in your calendar.

NEED MORE? WE CAN HELP.

