

Let's Talk About It...

Effective Communication

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Norms

This is a SAFE Space

No Judgement... Especially Self-Judgment

No right vs wrong only opportunities to learn and grow your communication skills.





Interactive presentation
You will need your cell phone to participate
www.menti.com

With respect to Zoom fatigue consider turning your cameras on for the next 70 minutes. Communication is about connection, while we have this amazing opportunity to share this space, lets practice ppl engagement with screen on and it helps me connect with you as well.

Questions and Answers at the end of presentation



**This is
the Goal!**



Word Cloud ICE Breakers 2 questions

Effective Communication Goals

- Learning about your own skills
- Acknowledging skills
- Deciding where to start.
- Practice
- Acknowledge your own effort.
- Repeat

The Four Basic Communication Styles

General Characteristics

Benefits

Affirmations for growth.

PASSIVE TURTLE in SHELL

Tends to ignore their own feeling and needs
Avoids conflict
Others take advantage of you



PASSIVE/AGGRESSIVE DON'T GET MAD GET EVEN!

Smiling while angry

Refuses to acknowledge their anger

Acts out their resentment indirect ways



AGGRESSIVE

It's all your fault!

Low frustration tolerance, so they are quick to anger

Does not listen well and often interrupts others.

Blames others for their problems and mistakes.



ASSERTIVE Super Powers!

You communicate emotions appropriately e.g. smiling when pleased and frowning when angry.

You use 'I' statements

You make the distinction between fact and your opinion

Being Assertive 

1. Say how you feel


"I feel annoyed"
2. Describe what has happened


"When you..."
3. Say what you need


"I need..."
"I would like..."

You are being assertive!

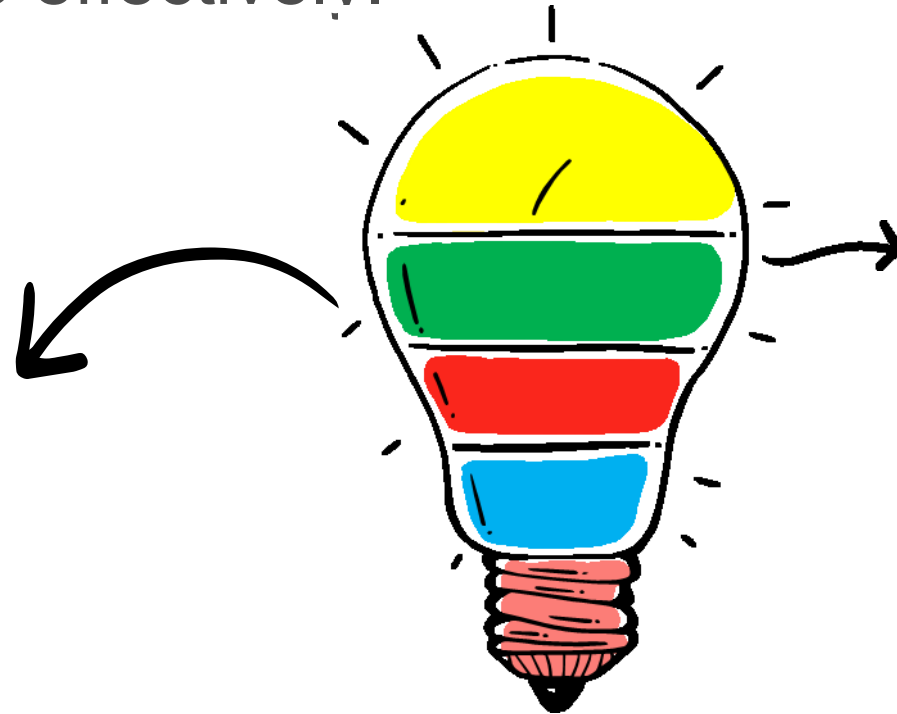
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WHAT COMMUNICATION STYLE DO YOU RECOGNIZE IN YOURSELF?



Next are some insights that will help and support your desire to communicate more effectively.



Misunderstandings + Barriers = Ineffective Communication

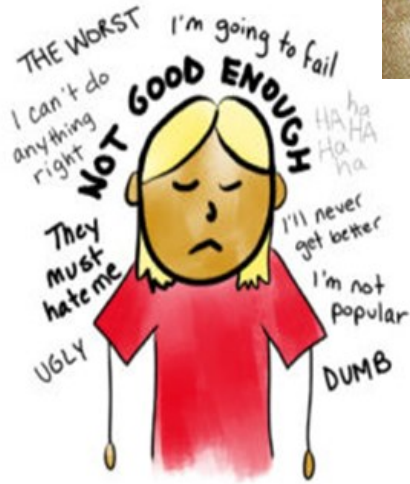


Encoding- is the process of turning thoughts into communication.

Decoding- is the process of turning communication into thoughts.







Weapons vs Tools



MINDS
ARE LIKE
PARACHUTES.
THEY ONLY
FUNCTION
WHEN THEY
ARE OPEN
LORD THOMAS ROBERT DEWAR

PRACTICE + **PATIENCE** = **RESULTS**

Practice- the actual application or use of an idea, belief, or method, as opposed to theories relating to it.

Patience- the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset.



REMEMBER...

EFFECTIVE COMMUNICATION

is about more than just exchanging information. It's about understanding the emotion and intentions behind the information

Reflect to be better Informed

Be Okay with being wrong this allows you to be open to another's point of view

Effective communication is not about (I) it's about (We)

Sandbox Analogy

Red- This is my Sandbox all of you need to get out, now!

Blue- I am getting out now, I don't want any problems.

Green- Well if I have to leave... I am taking all of my sandbox toys with me...and I don't like you any way

Yellow- I am having fun. The sandbox is for all of us. I'd like for all of us to play together. Do you want to play with us or should I tell the teacher you are being mean?



POLL



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Questions?



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