

Can You Hear Me Now??

Communication skills for professional advancement













People should HEAR us!

1. Pick any object in this room and write it down.
2. I have difficulty communicating with _____.
3. This is the situation: _____.
4. I think it might be because _____.
5. I wish I could _____.

1. Handle your inner critic



Oh, you are
SO not
cute!!

Why it works:

1. Often works on a variable ratio reinforcement schedule
2. Positive Reinforcement
 - Self-worth
3. Negative Reinforcement
 - Fear of failure



Howitzer Mantras

1. This is poison. Stop it!
2. These are lies.
3. Stop this ----!
4. Shut up!
5. Get off my back!
6. Stop this garbage!



2. Evaluate your assumptions





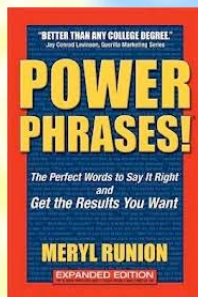
Assumptions???



3. Articulate with your body



4. Replace broken words



To end:

Lessons From Lily



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