

#### Let's Talk About... Communication

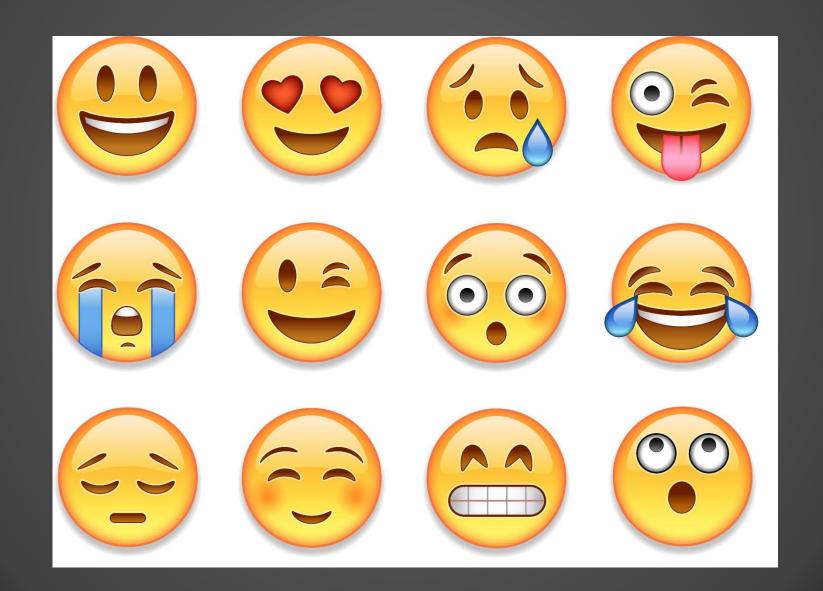
#### Ken Barr Jr. Gallup-Certified Strengths Coach Licensed Professional Counselor



Input Maximizer Arranger WOO Learner

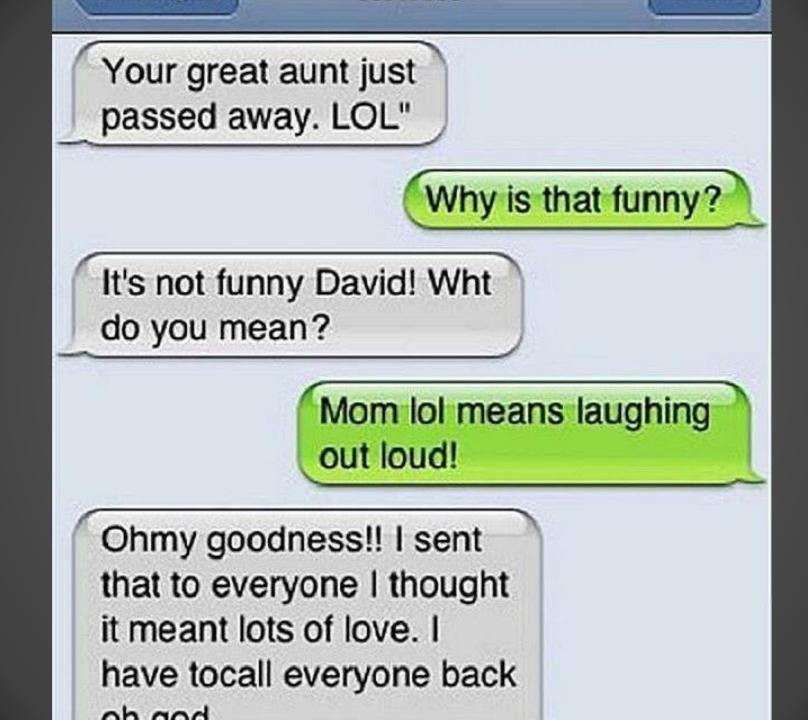
### Get Your Mind Right...

# To Talk About Feelings



### **Classic Miscommunication**





Messages 04 Edit		Edit
	Hey mate my names Mario, just wanted to know if I could come a take a look at the car have for sale ? After 5 is good for me, when available? Cheers	you pm
I should be should be available after 6 tomorrow		
	19/10/2011 9:31 PM	
Good night beautiful can not wait to have u in my arms love n miss u heaps xoxox		

Look man I'm just interested in the car.



# This is a true story







#### In Groups

Group 1: Describe the feelings of the mom
How did those feelings influence her communication?

Group 2: Describe the feelings of the son
How did those feelings influence his communication?

#### **Common Communication Challenges**

- Poorly Written Communication
- Lack of Interest or Motivation
- Lack of Communication
- Lack of Feedback
- Misinterpretations and Assumptions
- Relay of Information is Disrupted
- Lack of Follow-Thru
- We React Instead of Respond
- Tone
- Ego and Attitude

#### Can We Change Our Feelings?

#### Can We Change Our Feelings *Quickly?*







### Questions

- What are your feelings?
- Describe the energy.
- Do you feel supported?
- Are you excited about the possibilities?

# Yes, And...

### Questions

- What are your feelings?
- Describe the energy.
- Do you feel supported?
- Are you excited about the possibilities?

# **Reality Check**

#### **Communication Challenges Will Still Happen**

And Our Expectations may be like...





# Focus On You

# Control the Controllables

# How Do We Make That... Actionable





# Mode The Behavior





# Quit Taking Personal





# Keep It Clean



#### **Emotion Has Powerful Influence on Communication**

**Control the Controllables** 

**Be Intentional - Focus on You** 

Mirror

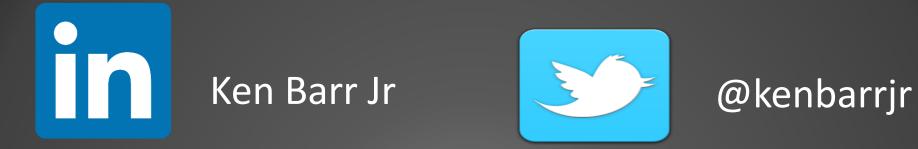
QTIP

Soap





#### LET'S CONNECT! #WOO





# \* BREAKING DOWN THE WORKPLACE SILOS TECH | CSR | MARKETING

### THANK YOU!