

COMMUNICATION



...creating a shared understanding

I need...

Direction

(to know what effective communication looks and feels like)

Opportunities to communicate

(to practise and hone my technique)

Time

(to prepare, absorb, internalise, present, reflect)

To be acknowledged

(to know that my contributions are appreciated)

I will...

experiment

(know that there are different methods that suit both myself and the purpose)

be receptive

(know the importance of hearing others' ideas)

make decisions

(know how and when to focus, question, produce, present)

reflect on what others say and do

(know that I can adjust and enhance my thinking by being open to others)

I feel...

Empowered

Listened to

Understood

Prepared

Respected

Successful

Self aware

Learning to Learn...

Absorption

Reflecting

Reasoning

Questioning

Listening

Collaborating

Empathy

Self-awareness

