

Title:

Advocate Respectfully

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380

Summary:

This is one of a series of brief articles on holding difficult conversations. In earlier issue

Keywords:

assertiveness,communication skills,holding difficult conversations,respect,advocacy,managing e

Article Body:

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<b>Advocacy is the flip side of Inquiry ~ the opportunity that you open for yourself to tell y

<b>Tips for sharing your side of things:</b>

~Wait to offer your side until your partner has expressed all his energy on the topic. Check t

~Remember your purpose for the conversation. It's easy to get off on tangents, become reactive

~Don't assume. When telling your story, go slow, be clear, and don't assume they know what thi

~Teach, don't preach. Notice your desire to "sell" your partner on your story. Simply state ho

~Listen to yourself and try not to use words that will cause your partner to react defensively

~Share facts rather than subjective interpretations. "When you walked by me and didn't say any

Most important, speak with respect. On the aikido mat, we bow to our partner before beginning

Good luck and good communication!

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