

Title:

Communicating on Purpose

Word Count:

325

Summary:

Last week I attended an excellent 2-day workshop called "Staying Grounded When on the Spot," o

Keywords:

communicating,centered,grounded,difficult conversations,listening,useful purpose,problem solvi

Article Body:

Last week I attended an excellent 2-day workshop called "Staying Grounded When on the Spot," o

When a conversation becomes difficult, I can return to a more centered, grounded state by aski

1) What is the purpose of my communication?

2) Will the choices I make serve that purpose?

Let's try it. Think of a conversation that you need to hold but have been putting off because

What choices could you make to serve this purpose? Listening is a good start, and summarizing

Other useful purposes could be sharing your experiences, or looking for mutually beneficial wa

One caution: sometimes I think I'm going into a conversation with a useful purpose, like learn

Paying attention to your purpose for the conversation will give you the courage to have it and

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