

SMALL SHIFTS. BIGGER CONNECTIONS.

Communicate with more clarity, confidence and kindness.

1 BE AWARE

Notice your thoughts, feelings and body language before you speak.



"I can pause and check in with myself."

2 BE CLEAR

Use "I" statements to express your needs and feelings.



"I can be honest and respectful."

3 LISTEN WELL

Give the other person your full attention. Try to understand, not just respond.



"I can listen with an open mind."

4 WORK TOGETHER

Be open to different perspectives and look for solutions.



"We can find solutions together."



COMMON COMMUNICATION CHALLENGES

- Feeling misunderstood.
- Difficulty expressing emotions.
- Interrupting or finishing others' sentences.
- Disagreements escalating quickly.
- Withdrawing or shutting down.
- Assuming the worst.
- Struggling to ask for what you need.

Awareness is the first step toward change. ♥



PRACTICAL STRATEGIES FOR EVERYDAY USE



Be intentional. Take a breath before you speak.



Use "I" statements (e.g., "I feel... when... I need...") rather than "you" statements.



Listen actively. Let the other person finish and reflect back what you heard.



Keep it calm. A softer tone helps everyone feel safer and more open.



Focus on the goal. Look for solutions, not blame.



It's okay to take a break. Step away if emotions are high and come back when calmer.

SMALL STEPS
MAKE A BIG DIFFERENCE.



FOR HEALTHIER RELATIONSHIPS

- Practice empathy. Try to see things from the other person's perspective.
- Be curious. Ask questions instead of making assumptions.
- Validate feelings. You don't have to agree to show you care and understand.
- Set boundaries. It's okay to say no or ask for what you need.
- Repair when needed. Apologize, be honest and take responsibility for your part.
- Celebrate progress. Better communication takes practice, and every effort counts.

Stronger connection starts with a conversation. ♥