

## Reimagine Wellness: Clear Communication for MASSIVE impact

**Facts >>> Thoughts >>> Emotions >>> Behavior >>> Outcome**

What are you making this mean? What is your thought? Is your thought about it true? Does it serve well? What is the outcome that you desire?

**BREATHE IN. BREATH OUT.**

**Mindset:** open mind

**Active listening:** Empathy, paraphrase

**Solution focus:** solutions, skillful communication create positive outcomes.

**Stay calm**

**I Statements**

**Vulnerability is ok, it's part of the growth process**

**Evaluate using open ended questions.** "How does that feel?" "What would it look like to...." "How are you processing this?" Make and agreement to follow up later as needed.