



COMMUNICATION

Discover your uniqueness
With Tanya the communication doctor

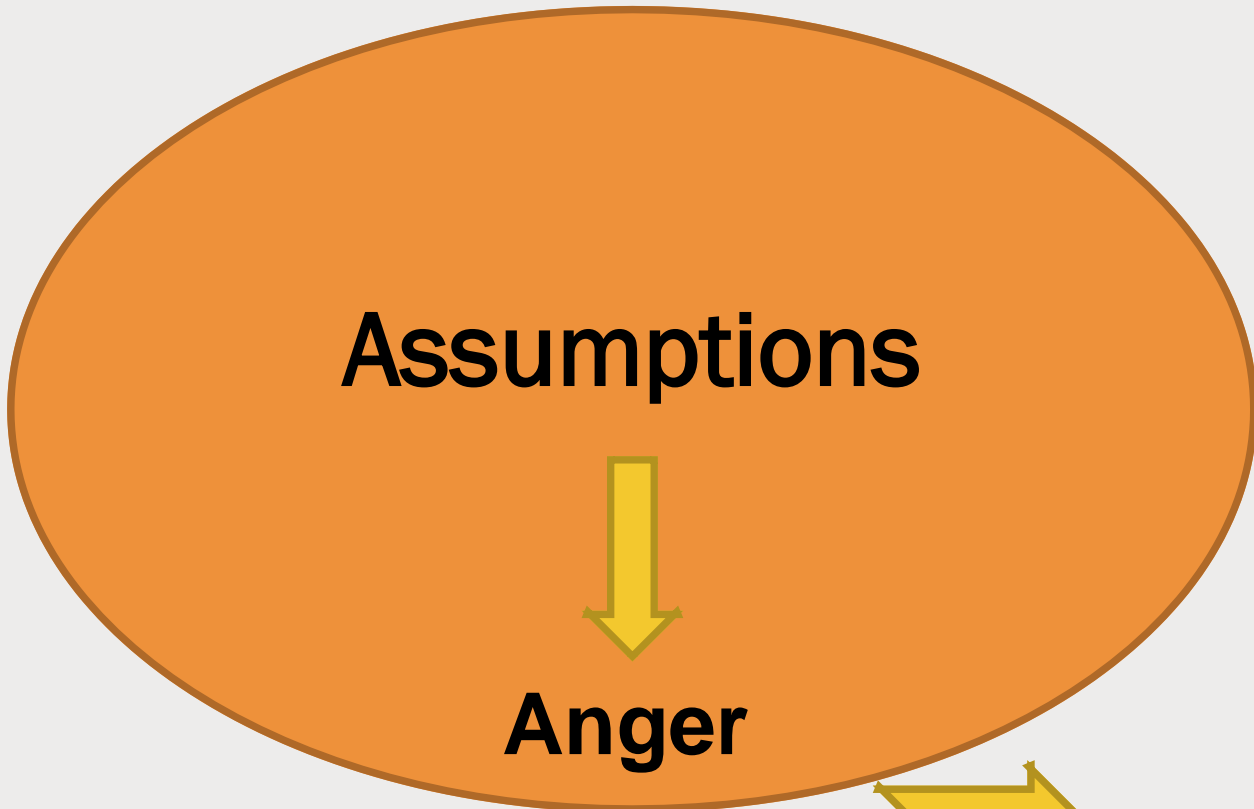
How do you create positive communication in the workplace?

Personal Responsibility

- To create
- We are responsible for how we communicate to others
- We are responsible for how we respond to situations
- We are responsible for how we manage situations

Assumptions

- What assumptions do you feel are made about you in your community



Struggle



Defense



The essence of who you are

Create your own assumption

- What assumptions are made about you and why?

Discuss assumptions with your partner

When you can see how you communicate and what your barriers are it helps you to create positive communication

Inclusion

- What does being inclusive mean to you?

Emotional intelligence

- Do you show empathy when needed

Cultural intelligence

- Do you ignore someone's differences or do you embrace them with acknowledgment

Neuro diversity

The way we think about learning can change the way we learn

Fixed Mindset

- I can

Growth Mindset

- I can't because

To have a growth mindset you need to create a growth belief

- Reflect
- Trust
- Determination
- Break the pattern