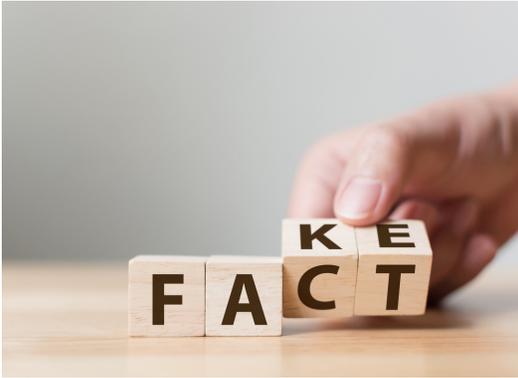




Communication Tips & Strategies

Tip #2: Start with the Facts

August 2021



The last newsletter talked about the strategy of getting others talking first so that you can hear their perspective.

This newsletter adds another strategy: once you know what people are thinking, you can introduce facts to help advance the conversation.

Use facts to drive conversations

Insights from Leaders

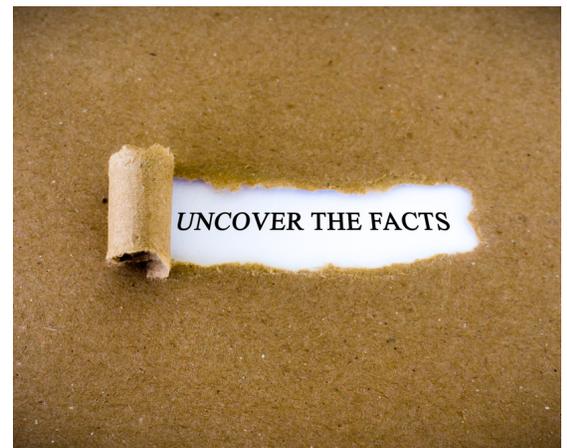
If facts are so influential, why aren't facts the backbone of every conversation?

- Sometimes the facts hurt
- People's basis for truth is different
- Can't agree on where facts originate
- People may not be able to hear the truth
- Hard to figure out what the truth is when there is so much information pushed at us
- Finding facts take a lot of work and research – may be more than what people want to put into it
- It takes time to find facts
- Facts may go against our opinions or what we thought was “right”
- Feelings and emotions
- The facts may be hard to digest
- Facts tell you the WHAT not the WHY

Strategies for leveraging facts in a conversation

How would you use facts to deliver a hard message?

- How would you use facts to deliver a hard message?
- Supported their feelings
- Listened to concerns
- Encourage people to talk to the experts
- Explained my experience with the topic
- Share that individuals have freedom of choice, not freedom from consequence
- Find stats that highlight the benefits
- Prepare for confrontation





Bonus Section: Self-Care

Leaders in our communication group shared strategies for self-care

Here are some day-to-day strategies leaders in our group use for self-care:

- Work in the garden
- Start growing new plants from grandma's slips
- Walk the dog
- Floated (and nap) in a pool
- Study to prepare for the next career spot
- Took a day trip alone
- Visit family
- Go on a jeep run
- Test drive a new car (no commitment)
- Back to school shopping
- Family time
- Read a book
- Go out for dinner with family to celebrate milestones



Self-Care

Self-care is our ability to help us maintain health, cope with stress, prevent disease with or without a healthcare provider.

8 Domains of Self-Care

Do a quick check-in with yourself. On a scale of 1-5 (5 being most positive), how would you rank your self-care in these eight areas:

- 1.physical
- 2.psychological
- 3.emotional
- 4.social
- 5.professional
- 6.environmental
- 7.spiritual
- 8.financial.

Total up your score. High score is 40. You can draw your own conclusions from there.

Find out more about each domain at <https://moderntherapy.online>