

Conversation Guidelines

DIALOGUE DO'S & DON'TS



CREATE A SAFE SPACE

Basic rules of engagement, kindness, and respect will facilitate genuine and open dialogue.



KEEP IT SHORT

Be clear and concise. Too many words lead to confusion. Talk about one issue at a time.



BRING AN OPEN MIND

Stay curious, in learning mode. Flexibility and humility will help you learn and solve problems easier.



LISTEN TO UNDERSTAND

Listening requires all of you: your ears, your eyes, your heart, your undivided attention, your total presence.



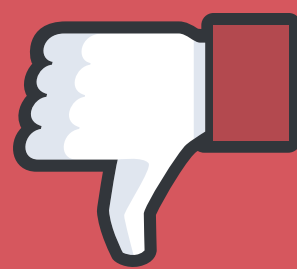
ASK AND ANSWER

Don't get tired of asking and answering questions. Genuine curiosity opens space for connection and love.



REFLECT

Take time to be silent, think, and reflect. Only way for transformation.



BE RUDE OR LOUD

Even if you disagree you can do so with courtesy and respect. Otherwise you will create anger and close up the dialogue.



INTERRUPT

Let your partner finish their thoughts. Don't monopolize the conversation.



JUDGE AND DEFEND

You don't have to be always right! Let go of your ego and remain open to seek and hear the opinions of your partner.



ASSUME

Don't react based on assumptions. They are NOT fact or truth. Check them out!



IGNORE CONFLICT

Ignoring may only add fuel to the fire. Take time to let the dialogue evolve and explore what's possible.



TELL LIES

Embrace honesty with yourself and the other. This includes words, authenticity, and integrity.