

Communication: The Power of Being Present



In recent days and months, I have heard many people talk about how they do not communicate with their spouse, children, or work. How often do you spend the time around us and not communicating with them? Polls have shown that we devote more time to an electric device than talking to the person we are around. Like the rest of you, I want to binge the latest season on Netflix. I hear the bing on my phone, and I have to check to see who posted about their pet, the food, or the latest video. So how do we disconnect from the device to connect to those around us? There are simple steps like having a now device dinner with the family. But if we don't know how to communicate, you will fill this time with awkward silence and some hateful stares at one another. So here are four steps to help increase your communication skill not only at home but also at work. Will these steps solve all your communication problems? No, but if you comment to applying them. You can see improvement in your business and home life.

Communication STEPS



1. Communication involves more than talking to one another. It involves us listening. But you know how to listen. The problem is that we do not listen. When we are not talking, we spend the time developing our following comment, our response, or our next piece of proof to show we know more than the other person. But when we listen, you stop all the noise in your head. You seek understanding of the other person's statement. The best way to show you are listening is to ask a question concerning what was said. It is not one of those "how did that make you feel" style questions either. It is a simple question about what was just said. Listening might cause you to not respond quickly to what was said, but it will allow you to finally hear what was said.



2. Speak with honest and direct statements. Often, we want to try to spare the other feelings and end up hiding the truth or indirectly making a statement. This process may come from a caring spot, but it allows for misunderstanding and confusion. The best process is to be direct and honest with those around you. Shading the information might spare someone's feelings, but it stops authentic communication.

Communication: STEPS



3. **Change the Attitude.** We often come to a conversation or meeting with a preconceived idea. We bring our bias and our attitude to the meeting. We assume we know more about everything, and the other person is in the way of our goals or there to hold us back. We generate animosity even before the meeting starts. Yes, I am sure you have been in a meeting where the boss told you what to do, how to do it, and when. An appointment should not go like that. I am not saying you can't have an agenda or a meeting goal. Remember, the reason for the meeting is to get others' viewpoints. It is to understand a new point of view without an attack on the other or manipulating the other for your benefit. Entering a meeting with a positive attitude brings about an engaging discussion on the inclusion of new ideas and developing a team atmosphere.



4. **Body language is more telling than any words you say.** Statistics show we learn more about a person by their body language than from their words. If you are rolling your eyes or gazing out the window, others see you not wanting to be a part of the meeting. With visual cues accounting for the most significant part of communication, it is essential to put your energy into the program. You must know what your body is telling the other person. You need to invest in the conversation. Face them. Put away distractions. Being aware of your behavior and correcting it to focus on the others in the discussion will significantly increase your communication skill.

The Leading Approach

Quote of the Month: by John C Maxwell

**"People My Hear your words but
they feel your attitude."**



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