

Coherent Communication Technique

At the heart of all successful communication is the sense that people feel you are listening to them and that you are speaking authentically.

Don't forget that being judgmental or impatient impacts communication.

Holding judgments or anger blocks the ability to listen.

The Coherent Communication Technique brings coherence into communications and can be used in any situation whether you are communicating verbally or in writing.

Coherent Communication™ Technique

Step 1. Shift into a heart coherent state before communicating to effectively share and receive information. Suggestion: Set an intention to be respectful of others' views or situations.

Step 2. Listen for the essence of what is being said without prejudging or getting pulled into drama before the communication is complete.

Suggestion: Remember to re-center in your heart if you start to overreact or lose emotional composure.

Speak from a genuine tone and consider what you are going to say and how it may impact others.

Step 3. During important or sensitive communications, it's effective to confirm the essence of what you heard to ensure mutual understanding.

Yet, when rushing communications, this is the step most of us forget.

Remember: Quieting the noise in the mind and emotions allows us to become more attuned to our own perceptions before we speak and to more genuinely hear what someone else is trying to say.

Coherent Communication Technique Quick Steps

1. Shift into heart coherence
2. Listen for the essence; speak with a genuine tone
3. Confirm mutual understanding

Schedule a **one-on-one life coaching session** to identify your goals and define an action plan for success through self-discovery. <http://BestHealth4Us.com>

Action Plan for Plugging Energy Leaks

Identify one situation that drains your energy and which technique(s) and strategies you will use for the next two weeks to plug the energy leaks.

Some examples of typical energy-draining situations:

Meetings Technology glitches / Overload and deadlines / Unexpected change / Emails / Making decisions / Time pressures / Workplace drama / Financial issues/budget cuts / Dealing with others' mistakes / Challenging co-workers, clients / Balancing work and family / Sleep disruption Inefficient processes / Traffic / Health challenges

Worksheet for Plugging Energy Drains

What energy-draining situation, interaction, issue or attitude will I commit to “taking on” for the next two weeks to stop the energy drain?

What technique(s) and strategies will I use to stop the energy drain?

When will I use or practice them? _____

How will I remind myself? _____

Your toolbox:

Heart-Focused Breathing // Inner-Ease // Quick Coherence // emWave & Inner Balance // Prep – Shift and Reset – Sustain // Freeze Frame // Depletion to Renewal Grid // Coherent Communication

Action Plan for Building Resilience Capacity

Identify actions you can take that will recharge your inner battery and add energy to your system. Commit to them for two weeks.

Actions to charge your inner battery and add energy to your system:

Prep with a coherence technique to set the tone for the day; breathe ease between tasks.

Find something to appreciate each day; practice patience and kindness.

Prep by practicing Inner-Ease before a stressful interaction.

Reset after a stressful interaction by practicing Heart-Focused Breathing.

Commit to taking out the drama, not overreacting and getting in sync.

Practice the Heart Lock-In Technique 5-15 minutes 3 or 4 times a week to build a new baseline.

Practice coherent communication in each interaction.

Use your emWave® or Inner Balance™ Trainer to help you learn to sustain your coherence.

Get adequate, renewing sleep.

Engage in an activity you enjoy such as sports, gardening, cooking, hiking, a hobby, exercising, dancing, music, volunteering or reading.

Worksheet for Building Resilience

What actions, techniques or strategies will I use to recharge my inner battery and add resilience to my system over the next two weeks?

When will I use or practice them?

How will I remind myself?
