

the effective
communicator

Topics to be covered...

- *Laying the groundwork for effective change
- *Change & Choice
- *Communication & Conflict
- *Wrap-Up

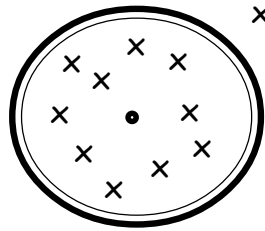
Laying the Groundwork for Effective Change

- _____ adjustments make a _____ difference!

Winning the internal game...

G _____
 S _____
 D _____

CHANGE _____ with
it or it _____ you!

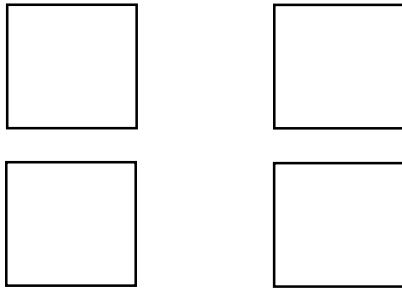


C _____
 H _____
 A _____
 N _____
 G _____
 E _____

*Taking a risk means....

*Growth happens when we _____ our _____.

*Live with a _____ on your face and _____ in your heart.

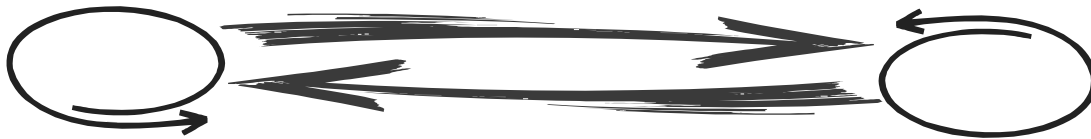


YOU CHOOSE!

SURE F.I.R.E

COMMUNICATION

Communication is a two-way, continuous, irreversible, dynamic process.



Noise is what _____ the communication process.

Four types of noise

- * _____
- * _____
- * _____
- * _____

_____ % of our communication
is not in the words.

What is important in communication
is what we are _____ saying.



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Insights from the T&H

3

Eliminating the communication barriers...

*Physiological and Physical

*Psychological and Semantic

-PREJUDICE to _____.

1

2

4

-SCOTOMA means _____.

Our inability to be _____ with others often stems from the fact that we have

become walking _____ machines!

P _____ comes from our ability to let go of P _____.

Conflict stems from our attachment to the _____ & our worries about the _____.



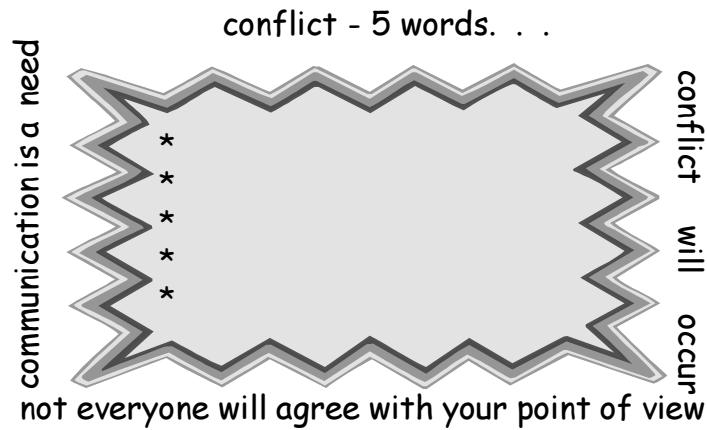
I have worried about many things in my life most of which have not come to pass.

Winston Churchill

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ACTIVITY - Win as Much as You Can

_____ / _____ always adds value. _____ + _____ = _____.

When we _____ together everyone _____.

_____ / _____ or 1-1 is a _____ sum game.

How does this show up in our lives?

When I am _____ you are _____.

****The Trust/Drama Theorum***

Working against each other creates _____ and

reduces _____.

TEAMS FUNCTION BEST IN A HIGH _____ LOW _____ ENVIRONMENT!

If for the sake of effeciency we move ahead in disharmony then effeciency costs too much.



The 3 R's

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A Self-Destructive Thought Process

A feeling we feel when someone does something we feel they should not have done.

Who had the feeling?
Who had the expectation?
Who do we BLAME?



S

R

R

R

R

We get stuck in R#2

4 reasons we avoid communication

1. _____
2. _____
3. _____
4. _____

Follow the conditioned response...

The BIG _____ is the energy that takes on an energy of its' own. A _____ is an energy source that _____ away at the larger energy source with no reference to the whole. It _____ the larger energy source and eventually _____ itself.

The only way out of the THREE R'S?...

HO'OPONOPONO: To create _____ through open communication.

-Ho'oponopono represents the gap between stimulus and response.

Why Should I???

**Open
The
Front
Door
Now!**

O _____
T _____
F _____
D _____
N _____

