

We
Need To
Talk!!



6 STEPS TO ARGUE LESS AND TALK MORE.

ARGUE LESS AND TALK MORE

Follow these 6 steps to improve communication with everybody in your life...

HAVE AN OUTCOME

Why dive into a road trip without a GPS? Similarly, communication needs a game plan. Setting your goal before chatting will keep you cruising towards the right destination.

So what's the outcome you want? To be better supported, listened to, a day off work, more date nights? Having an outcome will help you stay focused.

DIAMOND CLARITY

With clarity comes visibility and whether you're shopping for diamonds or trying to get your point of view across don't underestimate the importance of having a clear message. Don't get caught up in mumbo jumbo rambling because it weakens your message. Whether you're talking with a significant other, a child, work colleague or employer, be clear on what you are saying.

CHILL THE FK OUT**

In moments of heightened emotions, rational thinking often takes a back seat. It's important to pause, take a breath, and collect your thoughts when necessary. The crucial element in fostering open communication is to establish a comfortable environment where everyone feels heard and valued.

ARGUE LESS AND TALK MORE

BE PRESENT

Drop that phone! We all crave a listening ear, and it's a bummer when you're chatting away to someone who seems lost in the clouds. Throw some respect into the mix and dive headfirst into the conversation. Not only will you boost your understanding, but you might just see the world through their eyes too!

ACTIVE LISTENING

Have you had someone who talks over you? F**king annoying isn't it. We have two ears and only one mouth, probably for good reason. Spend twice the time listening than talking. Listen to understand rather than listen to respond and watch communication skyrocket.

TAKE TIME OUT

Breaking News: Disagreements and arguments are bound to happen - it's inevitable! Take your time if necessary. It's perfectly fine to step back and tell someone, "I need to reflect on this," whether it's for 5 minutes or a few days. For those who dislike conflict, remember to give yourself a break when required.

ARGUE LESS AND TALK MORE - BONUS CONTENT

QUESTION EVERYTHING

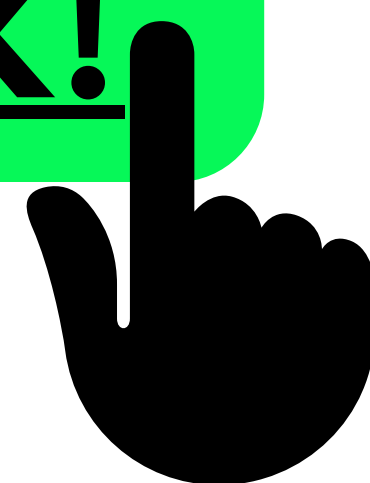
Ironically questions are the answers you're looking for. It's important you understand this as it's the most important step combined with active listening.

Whoever asks the questions leads the conversation - read that again!
Questions are the shovel to a gold miner...the right questions will open people up so you can find the nuggets you need to improve communication.

P.S. Questions make other people feel important and genuinely cared about giving them an opportunity to talk about themselves and let's face it, we all enjoy talking about ourselves.

If there was a secret sauce to winning people over, this is it.

RELATIONSHIP HEALTH CHECK!



- Gain clarity on you blind spots
- Understand your strengths
- Know how to work around your weaknesses
- Identify the root cause of insecurities and worries
- Learn how to plan like a power couple

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