



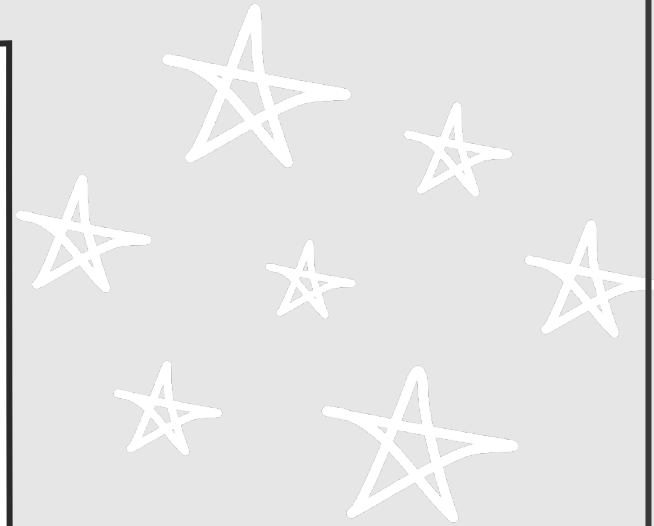
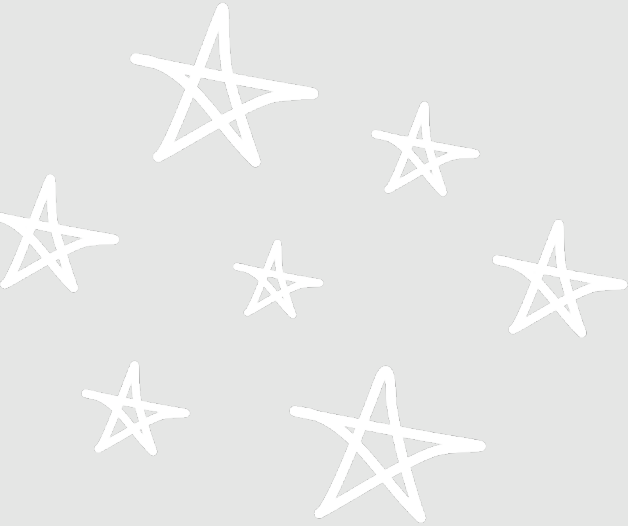
**GOTR FOR GROWN-UPS**  
**COMMUNICATING EFFECTIVELY:**  
**THE HARD & THE EASY**







**PULSE CHECK**  
**WHAT IS THE MOST**  
**IMPORTANT THING IN**  
**COMMUNICATING WELL WITH**  
**OTHERS?**



# WARM UP - EFFECTIVE COMMUNICATION ACTIVITY

*2 Volunteers Needed*

*Volunteers will be given a basic image and will be giving verbal instructions to the audience to draw this image. Each volunteer will have 2 minutes to guide the audience through the drawing.*

- What did you notice about the different direction givers approaches?
- What worked and what didn't work?
- Direction givers, what did you learn along the way to improve your approach?
- What communication challenges does this activity bring up?



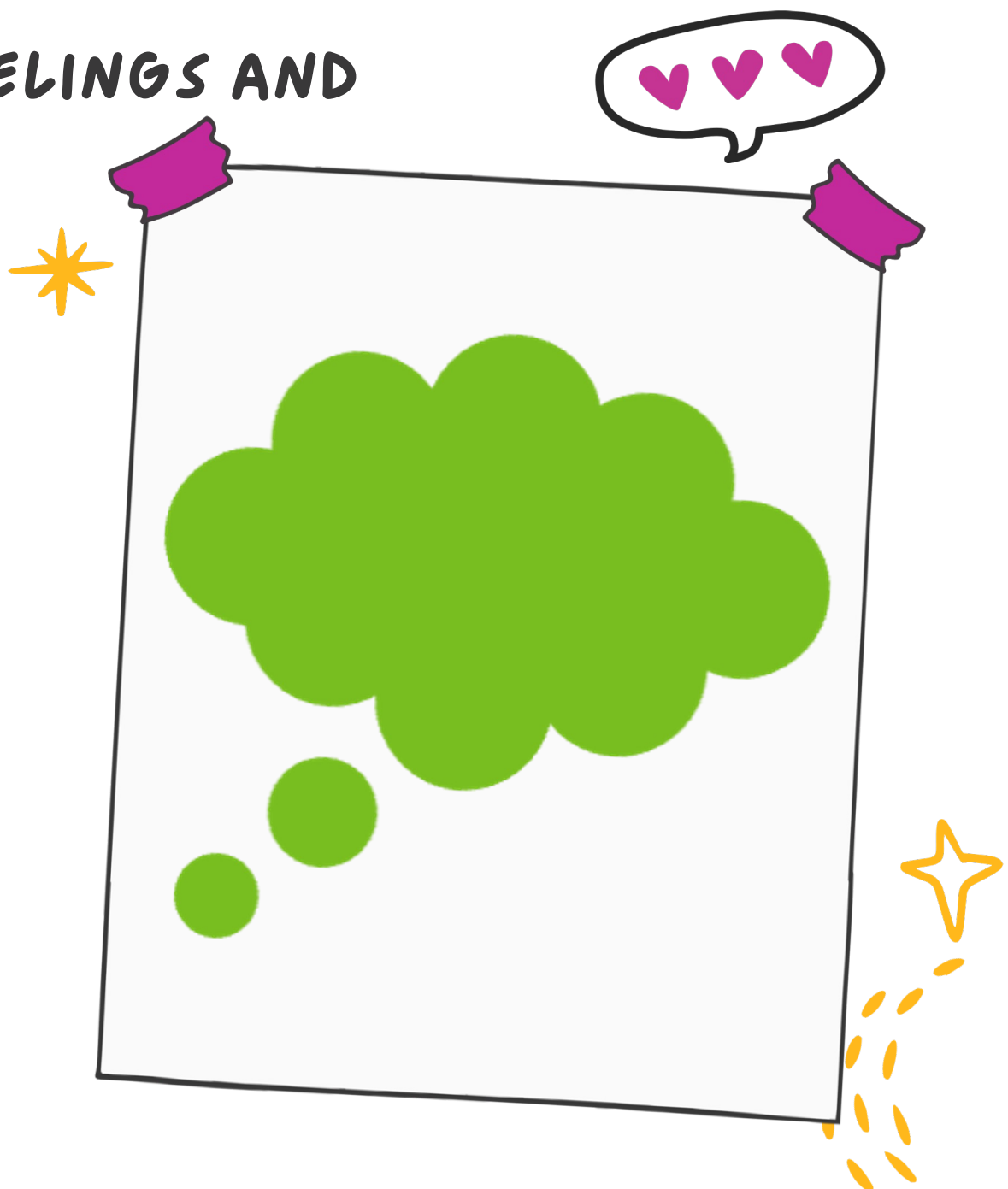
# WORKOUT - COMMUNICATING FEELINGS AND OTHER TOUGH TOPICS

I feel \_\_\_\_\_

When you \_\_\_\_\_

Because \_\_\_\_\_

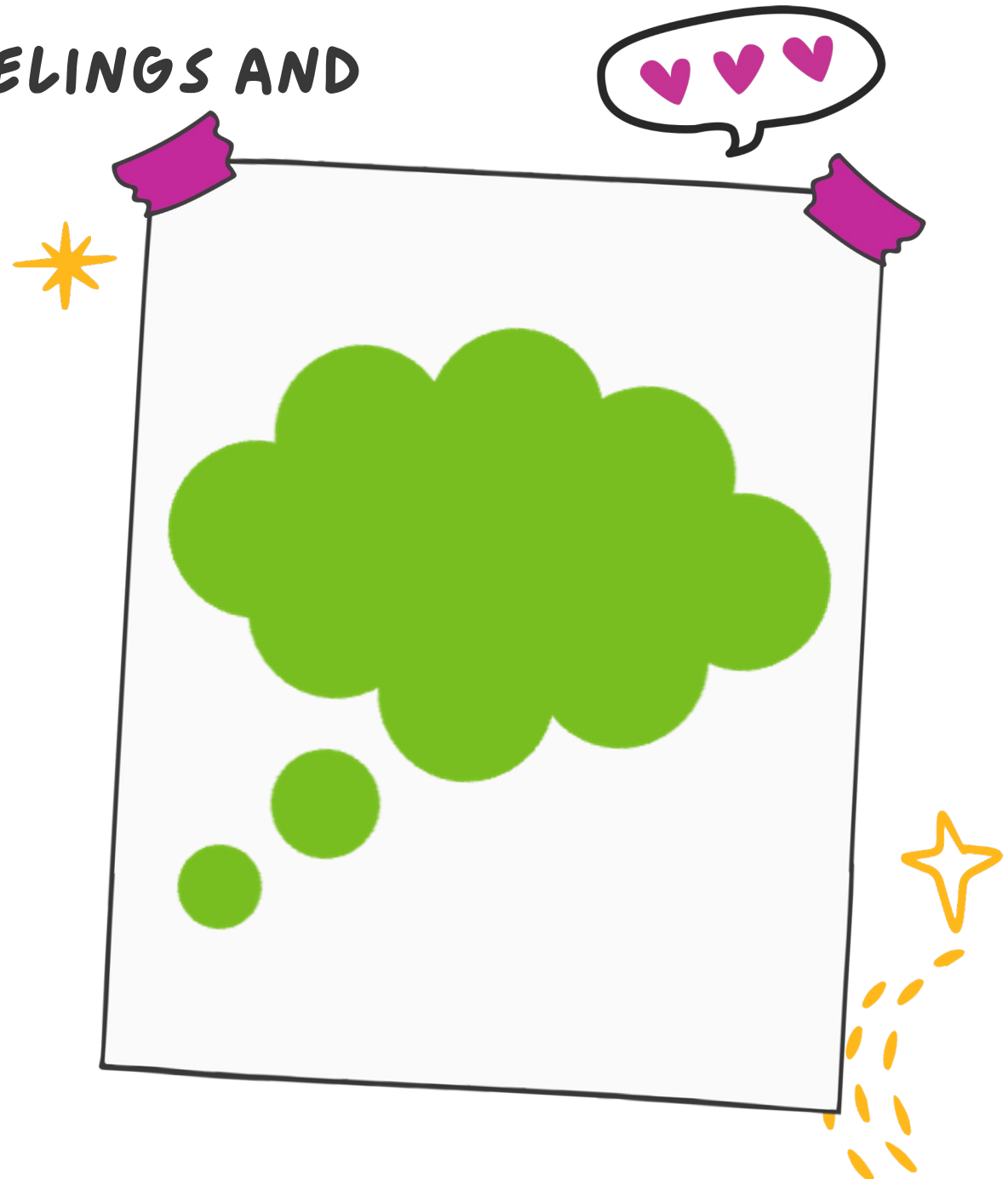
I would like for you to \_\_\_\_\_



# WORKOUT - COMMUNICATING FEELINGS AND OTHER TOUGH TOPICS

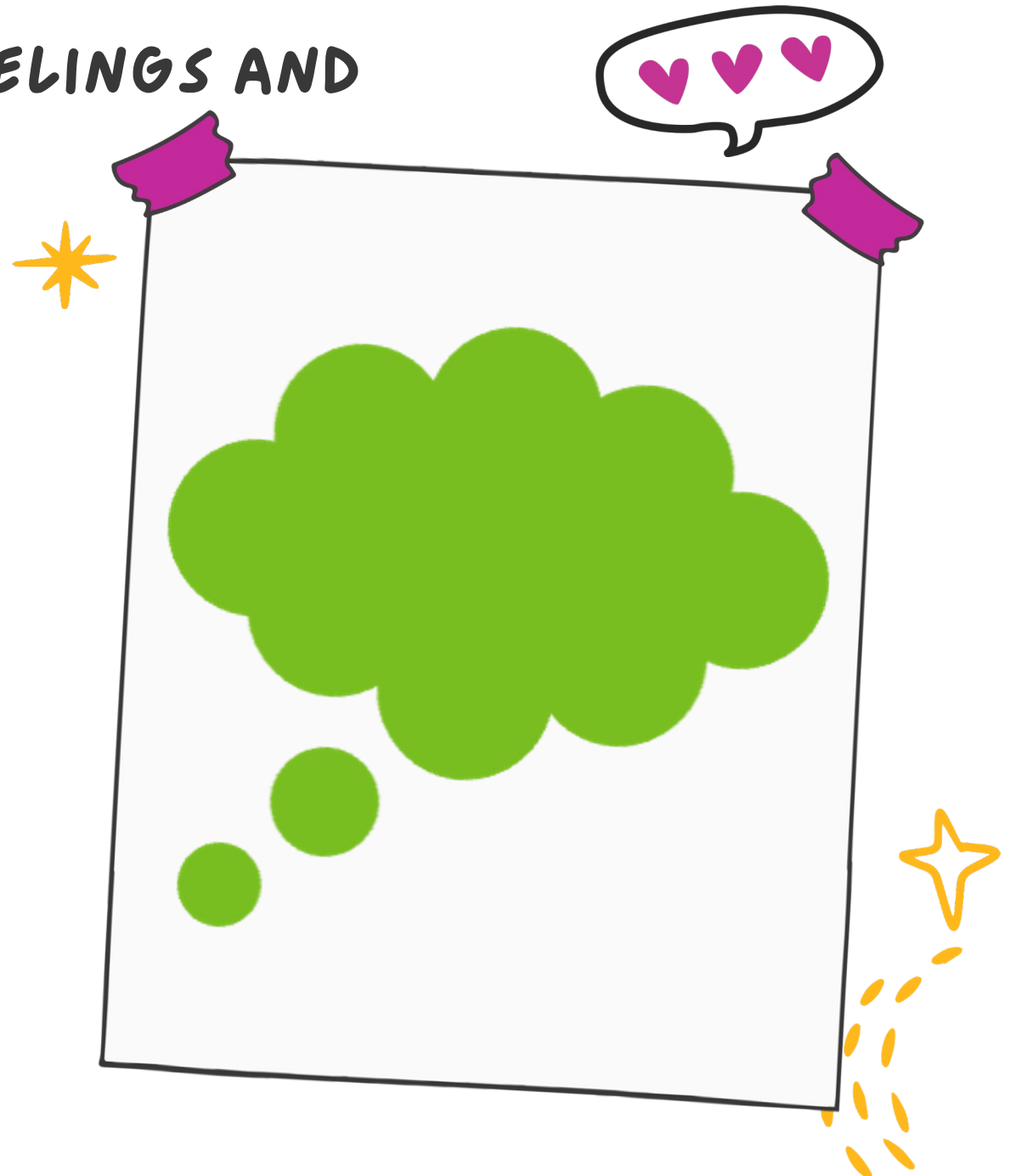
*Breakout Groups – in small groups, work through communicating feelings in the following scenarios using the “I feel” statement.*

- Your child continually talks back when you try to encourage them to get chores done.
- A new friend invites you to join their book club.
- Your caseworker is not responding when you are in need, and you feel your family is not being supported in the best way possible.




# WORKOUT - COMMUNICATING FEELINGS AND OTHER TOUGH TOPICS

- *Which scenario was the easiest to complete the "I feel" statement for?*
- *Which scenario was the hardest?*

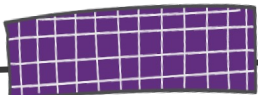




## REFLECTION & SHARE



What is the difference in communicating directions versus communicating feelings?



Did you find the “I feel” strategy effective?

Why?

