Talking Practice: tips from Andrea

(1) When talking, know that you are talking
(2) Notice: agitation or ease?
(3) Notice impact of the content on your experience (esp. emotions)
(4) Listening practice –
   a. Are you present for the other person when they are speaking?
   b. how does content of what you are listening to impact you?
(5) Allow pace of conversations to slow down
   a. Track energy level, sometimes energy rises while speaking
(6) Pause before you speak:
   a. Can you know what you are going to say before you say it?
(7) What is the motivation for your speech?