

## 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?