



Talking Boldly™ Guidelines

1. Seek first to understand
2. Speak to communicate not convince
3. Listen to be changed
4. Take a breath - suspend judgment
5. Resist blame, shame, or attack
6. “Ouch” and “Oops” and “Truth”
7. Speak YOUR experience - use “I” statements
8. Avoid “either/or” positions - look for co-existing realities
9. Balance listening with talking
10. Create a safe space, practice confidentiality