**COMMUNICATION** -#1

✰Respect, trust, responsibility & openness must exist in order to develop & maintain a relationship.

*You must be able to communicate these qualities*

*to the other person.*

**✰COMMUNICATION IS MORE THAN JUST TALKING**

It involves the sharing of ideas & feelings

with other people.

*We communicate verbally and nonverbally.*

**✰VERBAL** - Involves both speaking and writing.

**✰NONVERBAL** - Is the more emotional side

(& often the stronger heard)

- body language, physical actions, gestures,

facial expressions, tone of voice,

eye movement or eye contact

*( Do you communicate effectively? )*

**✰EFFECTIVE COMMUNICATION** means you express yourself so that the other person understands what you are saying *and* feeling. Values, ideas & interests.

**✰IDEAL COMMUNICATION -** Is when the message the other person receives is the **same** message you sent.

When feelings are **hurt**

- or you are **unsure** of your feelings

- the **way you say** something....

- **may** give the **wrong impression**.

And communication breaks down when

**YOU DON’T LISTEN!**