

Amanda Gore's Communication Concepts

- 1 We are taught to talk, not to communicate
- 2 All communication is in loops; when we change, others change 
- 3 Know your outcome, know theirs and dovetail the two 
- 4 Non verbal communication is 80 to 95% of everything we communicate (sparkly bits)
- 5 Have an intention of communicating well and put your attention totally on the other person
- 6 Always imagine others wearing a banner on their foreheads that says "make me feel special"
- 7 Be congruent when you speak - make sure what you are thinking matches what you are saying
- 8 People don't care how much you know until they know how much you care
- 9 Be an energy giver not an energy sucker 
- 10 Be trustworthy and honest
- 11 Be aware of feelings and listen with your eyes for their feelings 
- 12 Ask your self "What does this person want from me?"

Where are you?



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