

# StirFry Seminars

One of the major causes of disagreements in workplaces is usually around communication. Add to that issues such as racism, sexism, heterosexism, and classism, and soon you have a lot of folks feeling unheard or invalidated. At StirFry Seminars, we would like to offer some ways to communicate that we think are often missing in most communication exchanges and relationships.



## 9 Healthy Ways to Communicate

By Lee Mun Wah

- ❖ Reflect back what is being said. Use their words, not yours.
- ❖ Begin where they are, not where you want them to be.
- ❖ Be curious and open to what they are trying to say.
- ❖ Notice what they are saying and what are not.
- ❖ Emotionally relate to how they are feeling. Nurture the relationship.
- ❖ Notice how they are feeling. Be honest and authentic.
- ❖ Take responsibility for your part in the conflict or misunderstanding.
- ❖ Try to understand how their past affects who they are and how those experiences affect their relationship with you.
- ❖ Stay with the process and the relationship, not just the solution.

### **JANUARY WORLDWIDE CELEBRATIONS**

January 3- *People's Uprising* (Burkina Faso) • January 4- *Day of Martyrs of the Colonial Repression* (Angola)  
January 8- *World Literary Day* (International) • January 16- *Religious Freedom Day* (U.S.)