A COMPASSIONATE WOMAN'S GUIDE TO EMPOWERED COMMUNICATION

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I can see you want to communicate better!

Hello there!

I'm glad you've requested a copy of my guide on empowered communication!

I am here to help you develop a more intuitive understanding of what goes on in meaningful conversations. So you can become an expert at hearing what is unspoken and underneath a person's words and actions.

These 5 strategies enable you to skillfully navigate ordinary conversations, create doorways into deeper, more meaningful emotional connections and richer, more satisfying relationships. May it do all this for you and more!

With warm regards,

Joan Stenzler, LCSW

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Our Communication Journey Begins

There are times when you find yourself facing an awkward conversational moment. That you just don't know how to get past. *Without an argument or misunderstanding.*

Without a clue as to what might work, most women hesitate *or avoid having the conversation altogether.*

They do so to avoid experiencing the conflict *and pain that arises when challenging situations are addressed. Makes perfect sense right?*

After all, who wants to have an argument? "NO ONE!"

But eventually, unless the situation is addressed, your stress level will rise.

Because when you avoid dealing with a situation long enough, it can actually trigger the conflict you wanted to prevent.

SO LET'S TAKE A CLOSER LOOK THAT THIS DILEMMA.

There are two aspects of such a situation that are quite stressful.

The first is the situation itself *and the challenges it presents.*

Second is the stress that comes from not knowing what to do, *then deciding not to do anything, because you have no idea how to resolve the problem.*

So you stall, sit on it and simply do nothing...

You know that avoidance isn't the best way to respond, but do so anyway because you don't know how to resolve things successfully.

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“What if you knew how to respond and could do so with great confidence?

You would face difficult situations and move past awkward moments with skill, motivation and determination!”

When we face challenges, the test of our strength lies in whether we can find the courage to step up to the plate and take our best shot.

With sound communication strategies and a resilient support system, your chances for success will skyrocket!

What would it be like to experience this level of success?

“THAT WOULD BE AMAZING!”

Those who know effective strategies to handle communication dilemmas, have a definite advantage over those who don’t.

AND YOU MY FRIEND, are about to become one of those who do!

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We're on Our Way!

In this guide, I'll share 5 Inspiring Strategies that will help you to:

- *Identify common behaviors that make healthy communication harder*
- *Examine underlying motivation for frustrating communication glitches*
- *Discover compelling reasons why women avoid resolving difficulties*
- *Explore the benefits women can get from resolving misunderstandings*
- *Learn 3 powerful communication strategies for effectively reconnecting!*

So fasten your seatbelts and get ready to express yourself with more confidence, captivate attention and become a valued voice in important conversations!

Strategy # 1- Identify Frustrating Communication Encounters

Here are four common communication encounters that create frustration, irritation and hesitation for most women. But take heart because when you see them coming and know how to handle them effectively, you'll navigate around these communication bottlenecks with finesse, ease and confidence!

1. ***When you are misunderstood***

This type of encounter can vary. It can be a simple situation that's easy to resolve or a more complex one that sticks around generating stress.

2. ***When the other person is a poor listener***

If you have something important to say but it isn't being received on the other end, it's often because the other person isn't listening to you.

This can be due to an unintended lapse in focus or from a bad habit.

3. ***When you experience someone's resistance***

What I'm referring to here is a situation in which the other person has been operating from a place of fear and hesitates to engage in a conversation because they assume it won't go well.

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Moving Right Along...

4. ***When you speak with a Communication Saboteur©***

There are certain people with whom it's impossible to communicate.

Of all the frustrating communication encounters you can have, dealing with a Communication Saboteur© is one of the hardest and often ends up being a no-win situation that leads to a dead end conversation.

Strategy # 2- Explore Motivation Behind Problematic Reactions

In this section we'll focus on the "offending party's" actions and look at some possible reasons for their problematic reactions. When you can identify what motivates them, it can change the way you feel about the situation and help you respond more effectively. 4 motivations offered for each encounter.

1. When someone misunderstands you

They may misinterpret your intentions because:

- *What they think they heard you say, is not what you meant*
- *They've had a bad experience and difficulty trusting others*
- *They've been triggered and are responding in fight or flight*
- *They're stressed out, which makes it harder for them to listen*

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Gain Insight into Communication Glitches

When you understand what motivates a person to act in a way that takes the conversation South, it can help you respond more effectively

2. When the other person isn't a good listener

They may have trouble hearing you because:

- *They're worried, anxious or scared about something*
- *They're busy/distracted or not paying attention to you*
- *The time you've chosen to talk with them just won't work*
- *They didn't have anyone to teach them good listening habits*

3. When they're motivated by scarcity and fear

They can become resistant because:

- *They have trouble believing there can be a win-win solution*
- *They're worried they'll be on the losing end of the conversation*
- *They fear there are limited resources and not enough for everyone*
- *Their fear center (the amygdala) is triggered and sends them into fight or flight, preventing them from responding in a healthy way*

4. When the other person is a Communication Saboteur©

They can be disagreeable with you because:

- *They're competitive and have to always be right*
- *They try to rile you up by being aggressive or oppositional*
- *They think they know it all and expect things to go their way*
- *They've learned very bad habits and are stubborn and inflexible*

The secret to responding skillfully to a Communication Saboteur© is knowing whether they're willing to engage with you or if they're just playing a game that YOU WILL NEVER WIN!

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Avoidance is not a Communication Strategy

It's a common human tendency to avoid pain and discomfort, which is why so many women find it hard to express themselves.

But unless you learn to do so, you'll never be able to ask for what you really want, express how you feel or resolve any misunderstanding or conflict.

Strategy #3: Examine Why Women Avoid Resolving Conflict

One of the most common fears women have about speaking up, is concern about getting some kind of negative outcome, reaction or consequence.

Here are of the ways that fear can diminish your confidence:

- You're *worried the conversation may go sideways*
- You *don't know how to approach the conversation*
- *You do not want to risk your security/standing at work*
- You *don't want to risk losing an important relationship*
- You're *concerned that trying to address the situation will make it worse and things will become locked in a standstill*

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Feel the Fear and Do it Anyway

If there are other reasons you've avoided or had difficulty with resolving misunderstandings or disagreements, please write them in below:

_____

_____

_____

_____

Strategy #4: Recognize Benefits of Solving Misunderstandings

Most women think they need to overcome their fear before expressing themselves about a difficult situation. Nope.

Courage is about feeling the fear and doing it anyway!.

Clearly, you need to have some idea what approach you'll take before you're ready to speak up. But don't worry about knowing what to say because I've got you covered! More about that in a little while.

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When you know what to do, it feels amazing!

Strategy #4: Recognize Benefits of Solving Misunderstandings

Most women think they need to overcome their fear, before expressing themselves or sharing their perspective on a difficult situation.

Clearly, you need to have some idea what approach you'll take before you're ready to speak up. But how you'll go about it is a different story.

Which we'll talk about in Strategy # 5. For now, let's remember, despite your fear, it's still possible to experience positive benefits from taking bold action!

"What will it feel like, when I'm able to successfully resolve this situation?"

The answer? JUST AMAZING!!!

Here are some of the positive benefits you can experience by doing so:

- *Feeling proud of yourself for having forged ahead and made the effort*
- *Being thankful for how much better it feels when you resolve an issue*
- *Being more confident when dealing with new challenges that show up*
- *Gaining understanding and resilience from resolving difficult situations*
- *Feeling profound gratitude for your courage and willingness to change*
- *Learning how to develop self-trust and being more authentically yourself*

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Great Solutions Change Everything

Strategy #5: Apply Simple, Practical Communication Solutions!

Here are three time-tested techniques for what you can say in day to day situations to reduce stress, build trust and resolve misunderstandings.

Technique # 1: Setting yourself up for success in conversations

This approach can be highly effective and when it's used strategically, can help you avoid unwanted feedback, misunderstandings or unnecessary arguments.

It gives you a simple formula for communicating the kind of support you need, to the other person, even before you express your thoughts or concerns.

And it creates an agreement between you and the other person that will help you to avoid needless arguments and have a successful conversation.

There are two versions of this approach that are based on what you are requesting of the other person.

Version #1:
"I have something I'd like to talk with you about/to share with you and ***what I'd like you to do is to JUST LISTEN"***

You would say this if you want be able to express yourself and have the other person just listen, without giving any feedback.

Version #2:
"I have something I'd like to talk with you about/to share with you and ***what I'd like you to do is first listen, then share your thoughts/feedback."***

This technique is quite simple, yet highly effective at making conversations go more smoothly and in avoiding needless arguments.

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You're about to cross the Finish Line!

Strategy #5: Apply Simple, Practical Communication Solutions!

Technique # 2: Being generous in a way that will be most appreciated

This is one of the simplest techniques I know that will shift the energy between two people, IN PRACTICALLY AN INSTANT!

It will help the other person to feel seen, supported and really appreciated, with just one simple question.

WHAT IS THIS MAGIC PHRASE THAT HELPS MAKES THINGS SO MUCH BETTER?

"Is there something I can do to help you?"

Most people will appreciate being asked this question but it is one that will make all the difference in the world, when it is asked of a woman. Most women are natural nurturers and will automatically offer our warmth, guidance and support to others, but have a harder time asking for help when we need it.

So if someone offers to help to us freely, without our having to ask, it's like magic! In relationships that feel solid, you might want to let your friend or loved one know how much it would mean to you, to have them spontaneously offer their help.

It is a habit that's pretty simple but can absolutely transform your life!

Technique # 3: Ensuring you can have that important conversation

The third technique has helped countless women navigate skillfully through tense conversations and arrive at a peaceful place.

There's an important discussion someone wants to have with you and asks to speak at a given time. If the time doesn't work for you, I highly recommend that you use the **"If not now, then when?" strategy,** asking if it would work for them to have the conversation at a later time, that would work better. Doing so shows you are willing to talk and want to avoid a needless argument.

Congratulations, You Made It!

Hello Wise Woman,
Thank you for taking the time to read through this guide. It was truly a labor of love, created to help women like you. I hope you find it really worthwhile!

Learning to communicate with confidence is an important part of becoming an empowered woman. It helps you to respond to sticky situations with curiosity instead of avoidance and gives you the tools to navigate through difficult times, feeling proud and successful.

By learning to face life's challenges with confidence, patience and consistency, you'll blossom, others will notice and life will become so much more satisfying!

If you're struggling to express yourself in a current situation and would like to learn some powerful tools and effective strategies, I am happy to help you!

Learn how to to release fear, embrace abundance and find your authentic voice!
Join The Courage to Speak Up, an 8-Week Women's Empowerment program, Wednesday, May 24- July 12, 7-8:30 pm ET SPACE IS LIMITED & FILLING UP!

To learn about/register now for The Courage to Speak Up
Go to: https://youramazingjourney.lpages.co/couragetospeakup/

To find out if this program is right for you, set up a DISCOVERY SESSION at:
https://calendly.com/meetingwithjoan/30-minute-discovery-session

Much success on your Amazing Journey!

Joan Stenzler, LCSW