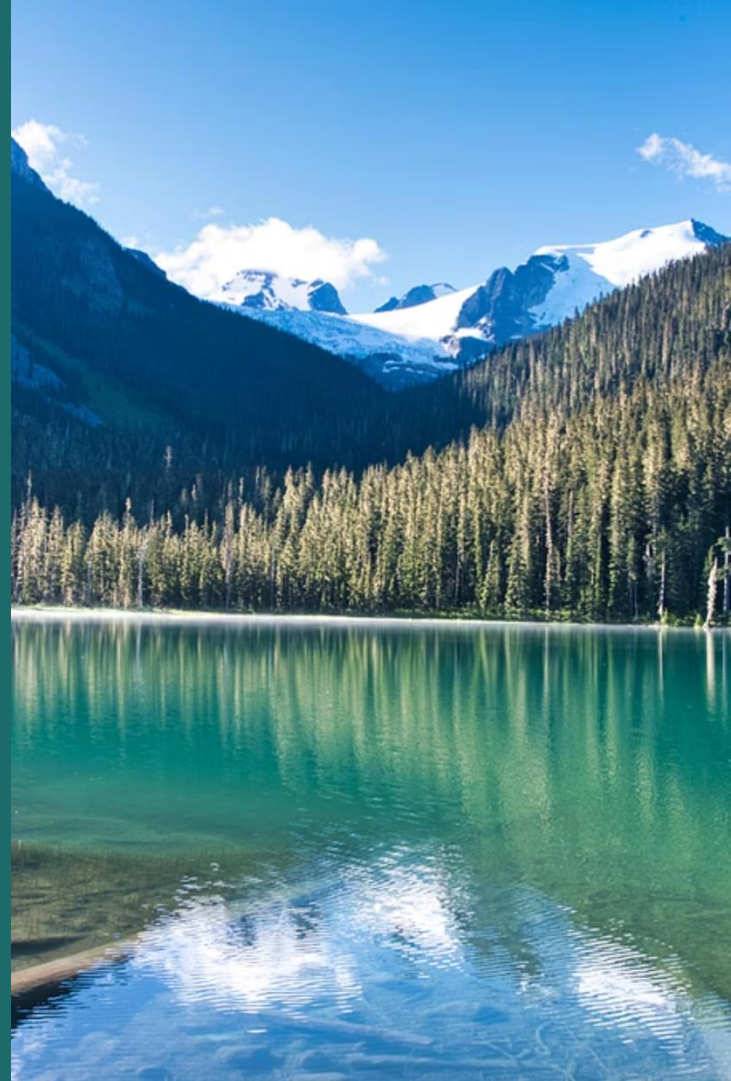


Before you speak

Communicate with intention

Jacqueline Voci | welovecommunicating.com





YOUR FACILITATOR

About Jacqueline Voci

- Decades of communication coaching
- Core belief: Everyone is already a communicator
- Communication skills can endlessly evolve throughout your life
- [WeLoveCommunicating.com](https://www.welovecommunicating.com)



This time is for you.

No right or wrong answers. No judgment. Go with your first hits.

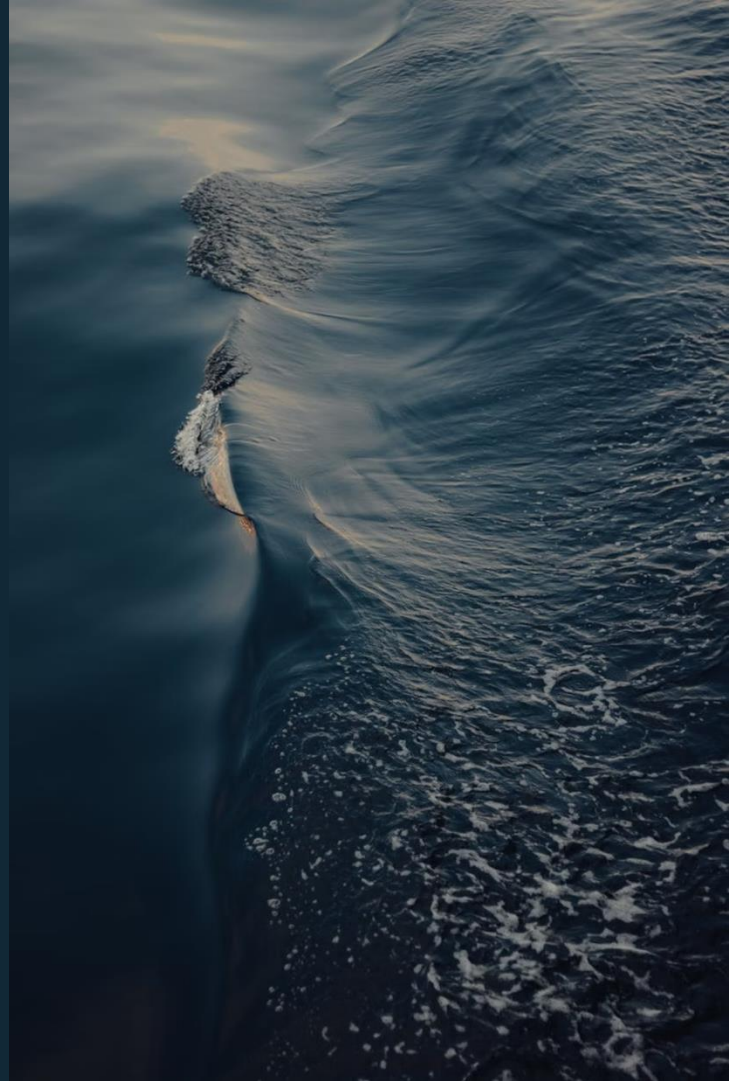
Have something to jot down your exercise responses.

You carry a lot.

Long hours. High stakes. Emotional weight. The state of the world.
Personal stress and worries.



It's no wonder communication is sometimes more charged than intended.





THE FRAME

You shape your workplace.

Every word, pause, and emotion contributes to the work environment. It shapes what everyone experiences: colleagues, patients, and families.

It shapes what everyone feels.

3 things.

Here's what we'll do together today.

1

A Strength

Identify and name something that's already working.

2

A Pattern

Recognize one communication habit that might not be serving you.

3

A Technique

Learn a practical tool to use the next time things feel charged.

This is individual and reflective — no pressure to share.

EXERCISE 1

Your communication superpower

You have communication superpowers. Let's discover one.





Let's consider communication.

We just...communicate. It happens, like breathing. Most of us have never stopped to look at our strengths.

Let's uncover a communication superpower.

- ✔ Your superpower has been there all along.

Daisy's Story

"Daisy was told she was too soft-spoken. What her colleagues didn't realize — and what she didn't either — was that her superpower was making people feel safe."

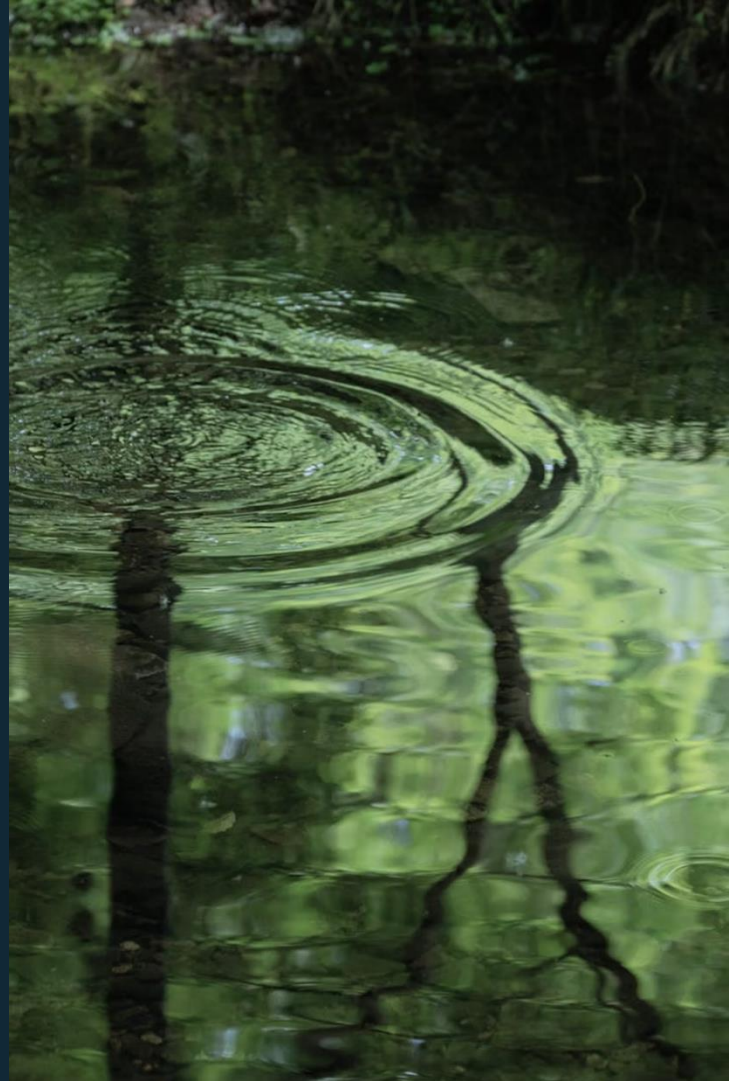
Strengths often hide in the places we've never thought to look.



Let's Get Quiet

Close your eyes if you'd like. Don't think. Just notice.

Go with whatever comes up first — no editing, no second-guessing.





Why do
people trust
you?

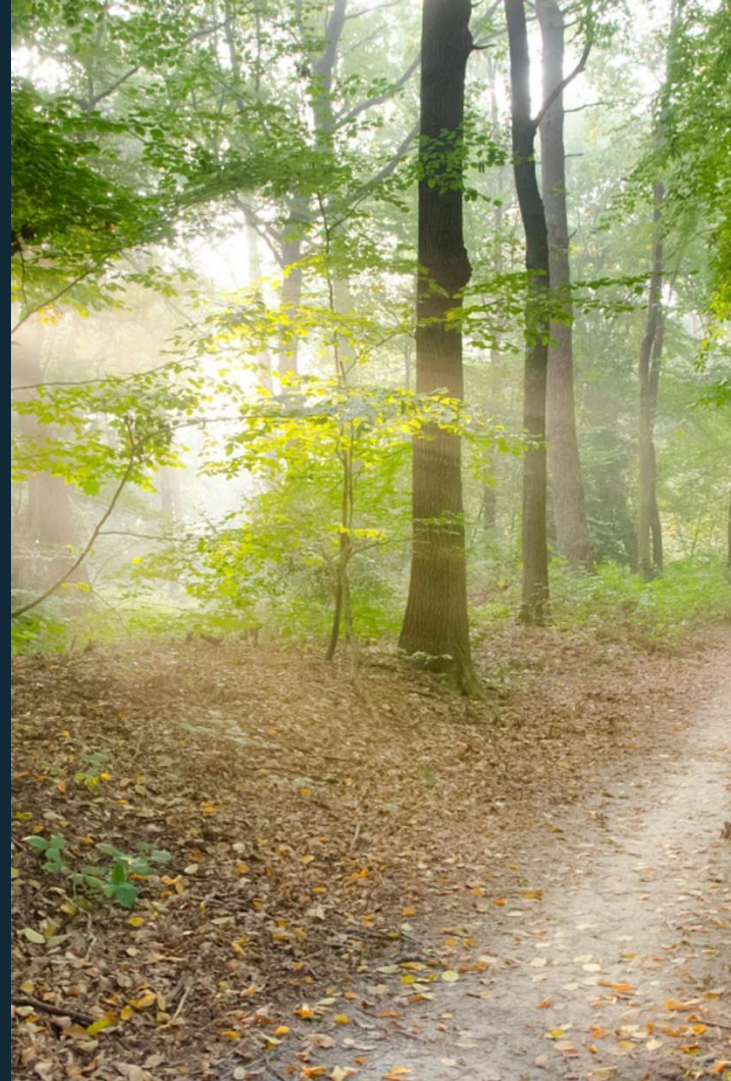
When do you feel most comfortable in a work conversation?



What do others say?



What do you naturally
that makes people
comfortable?

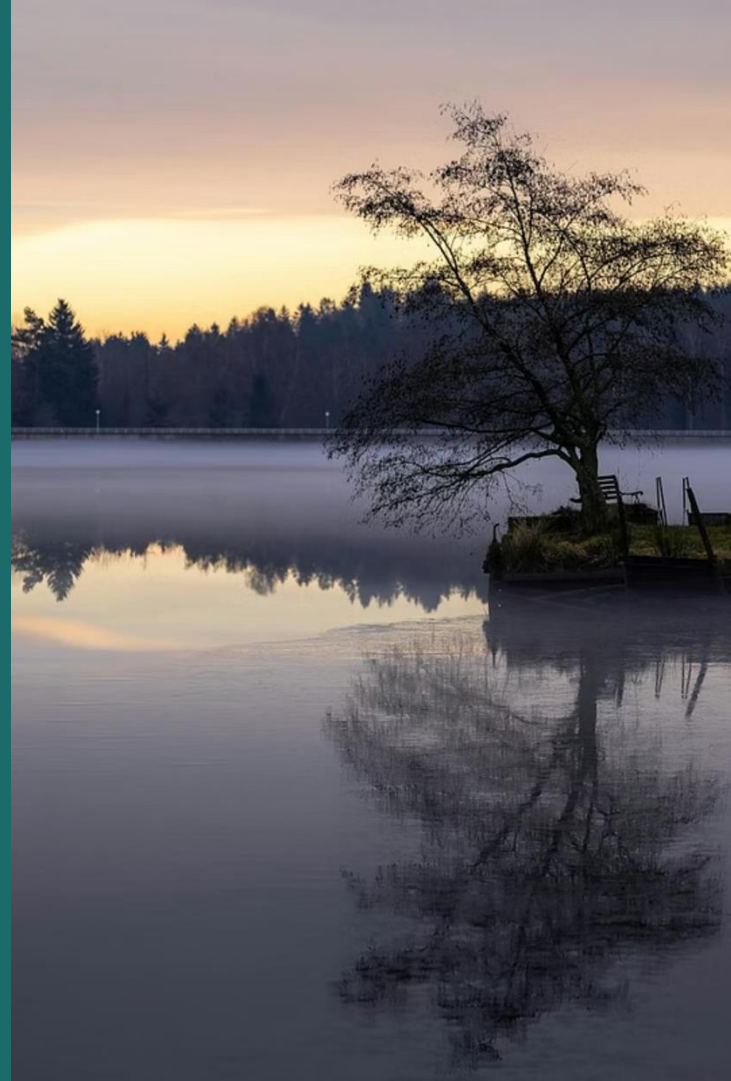


Name it.

Just for you.

Two or three words. A phrase. Make it yours.

(Examples: The Steady Presence. The Truth Teller. The Safe Harbour.)



Share in the chat.

Drop your strength, or its name, in the chat.



EXERCISE 2

Your Pattern

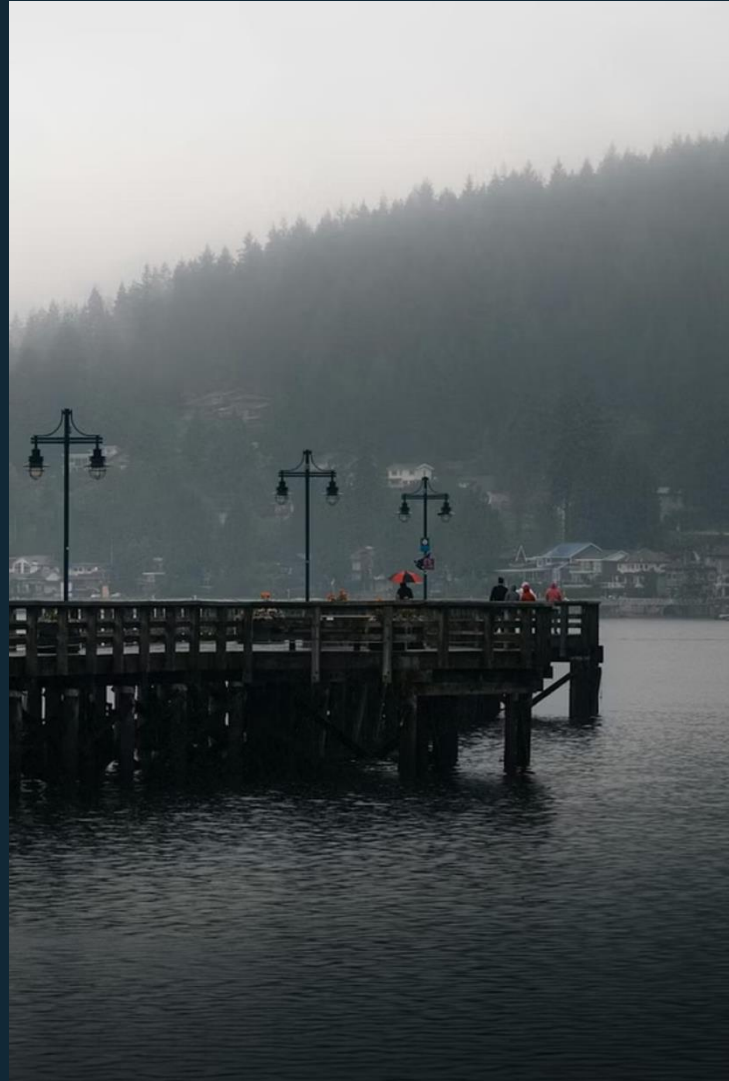


Remember a conversation.

One where you walked away thinking:

"I wish I'd handled that differently."

A moment where, if you could do it again — you would.



Get quiet.

Don't think. Just notice.

Whatever pops up first — go with it.

It's coming up for a reason.



Tune into that moment.

What did you say?

What did the other person say?

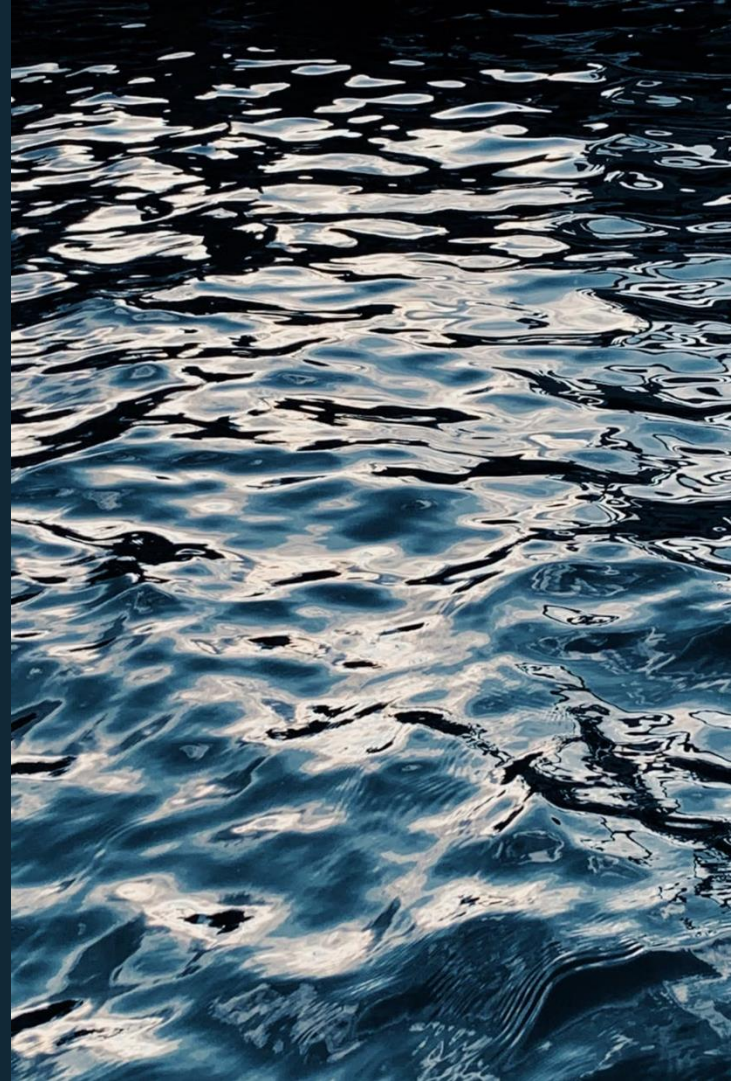


Now the sensations.

What sensations are present?

Tension? Tightness? Heat? Shallow breathing?

Just notice.



What emotion is present?

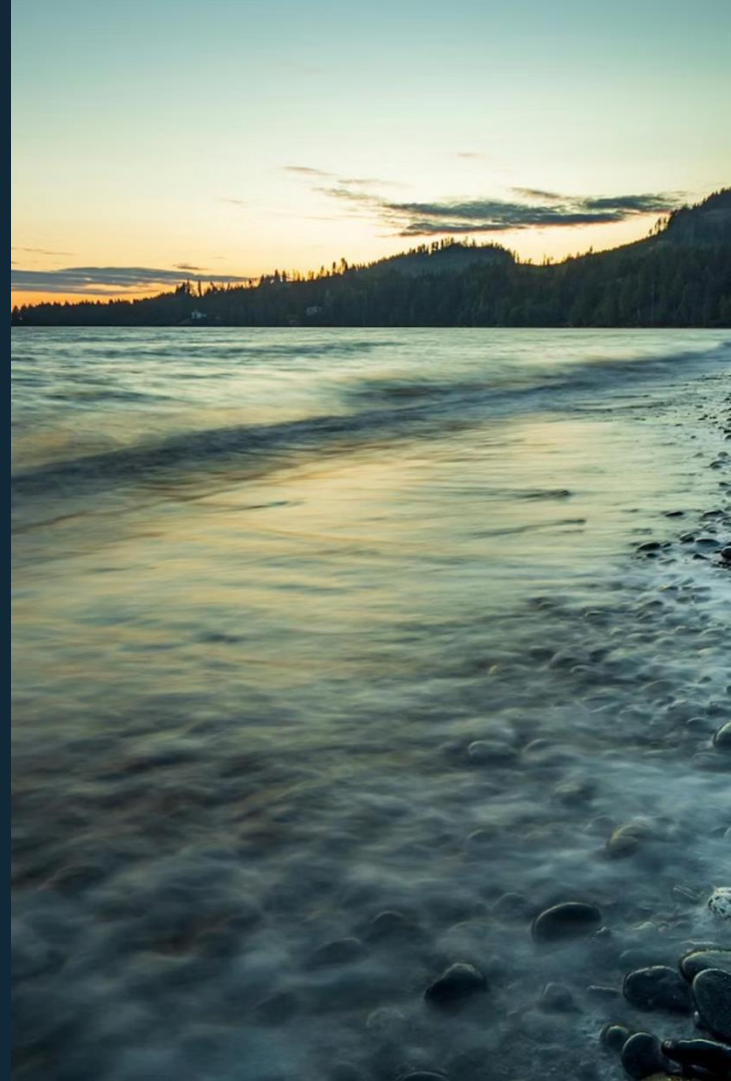
Anger? Frustration? Overwhelm? Sadness? Something else?



Sensations and emotions: Your Early Warning System.

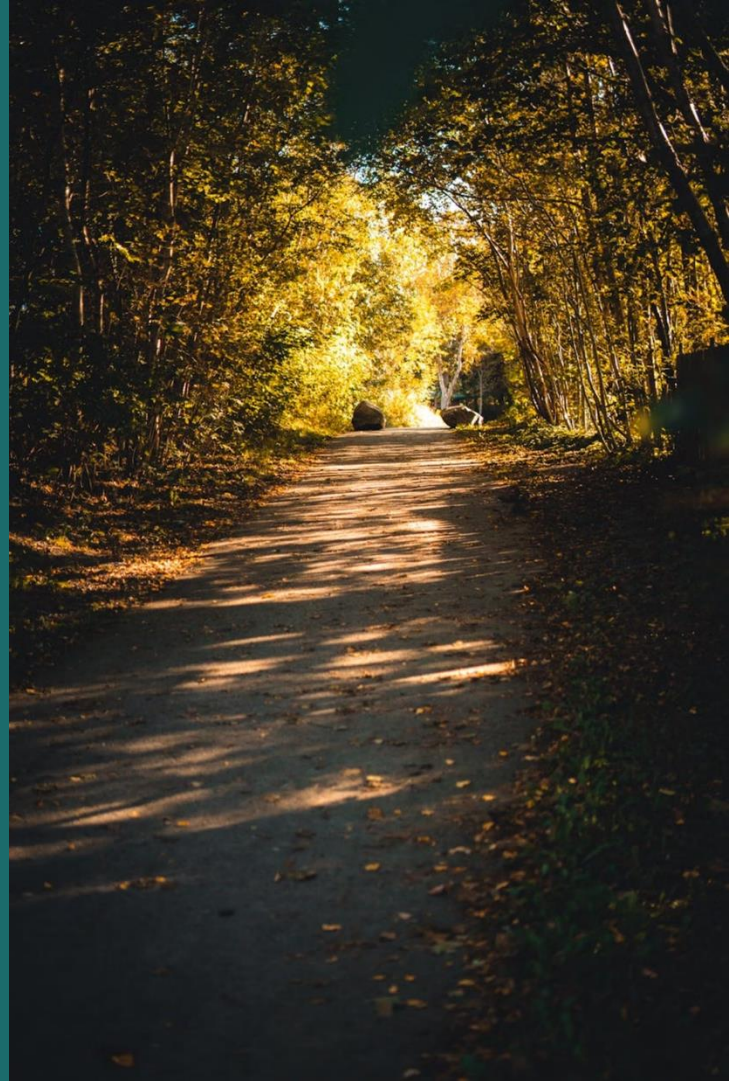
Your body knows before your brain that you're not at your best.

The opportunity is: Can you notice sooner?



EXERCISE 3

The Technique



When you notice your signals...

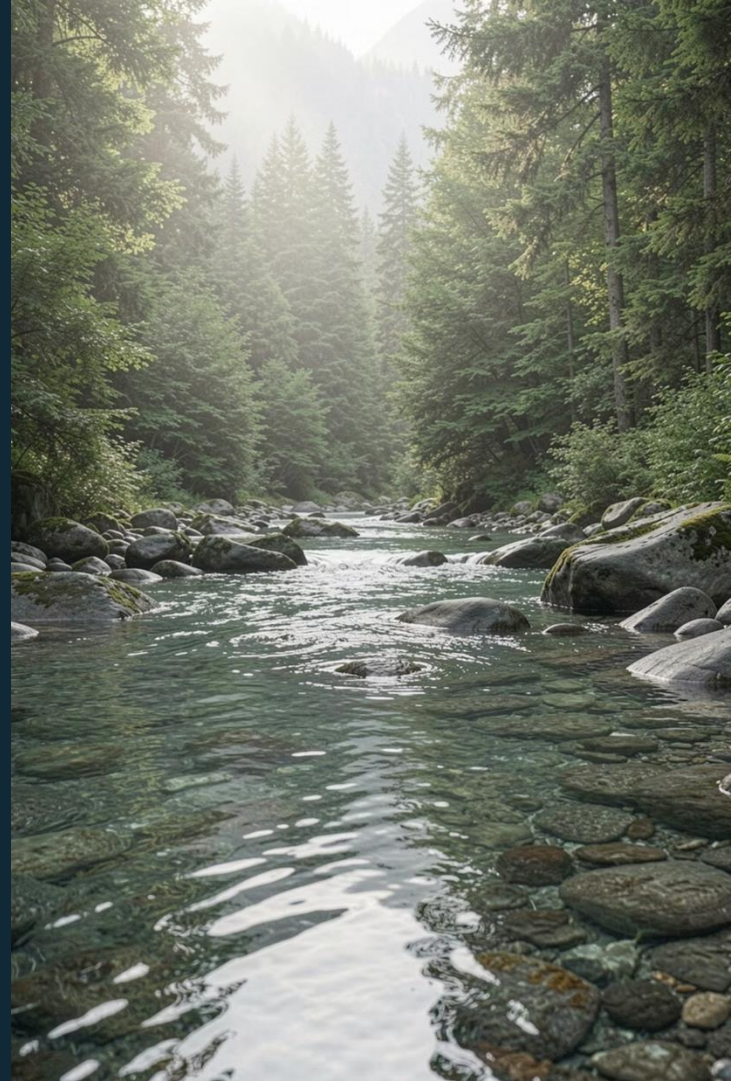
Stop.

Take a deep, conscious breath.

Am I my best self?

Will I regret this?

What choice am I making?



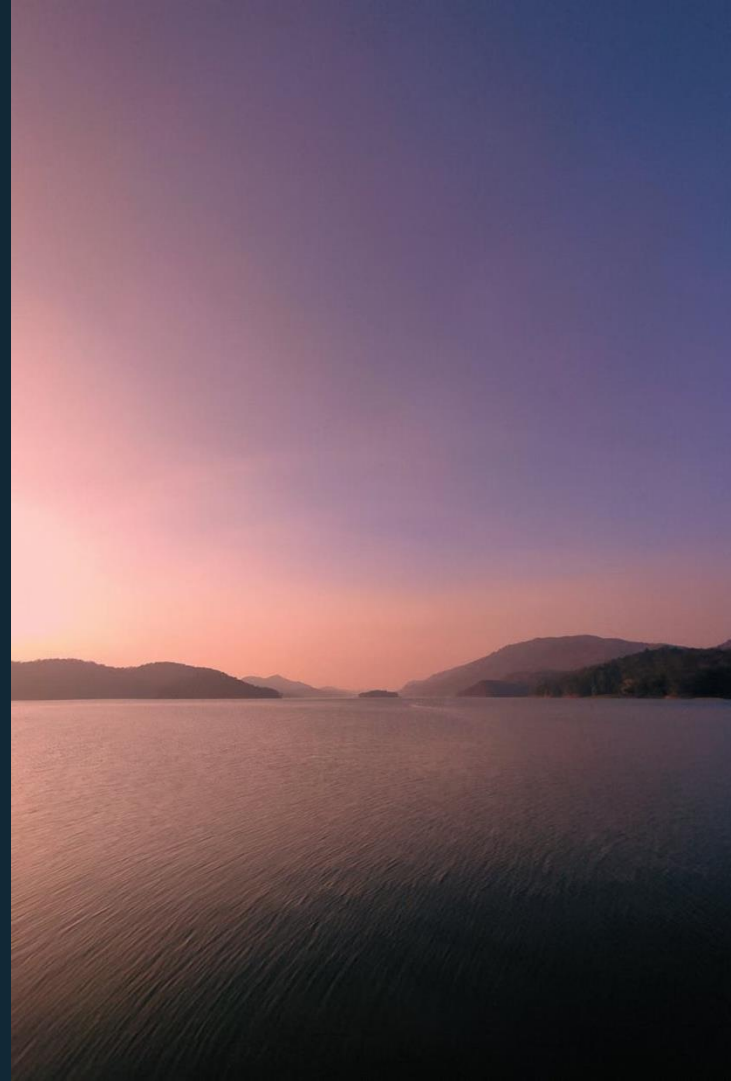
If you can step away

Can we come back to this in a bit? I want to give it the attention it deserves.

I'd like to think about this before I respond. Can we come back to this later today?

This is important. Let me come back to you on it

I hear what you're saying. Please let me come back to you – I need some time to think it through.



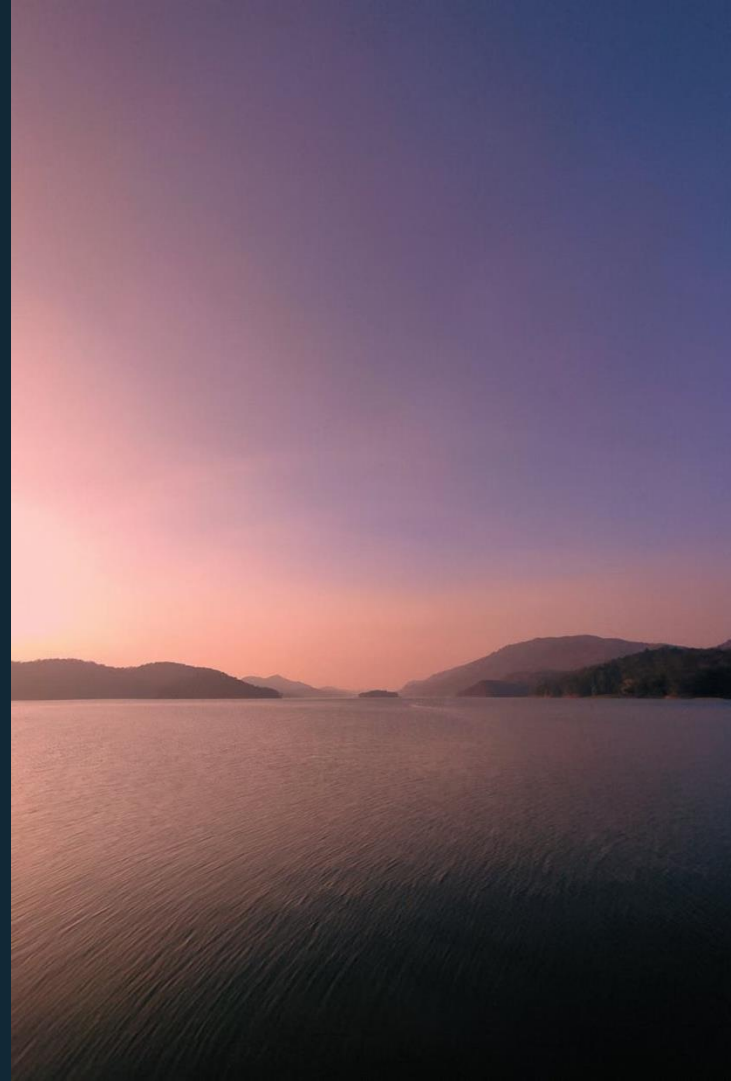
If you can't step away, *neutrality* is the key

Just give me a moment to collect my thoughts.

I want to make sure I respond well – please bear with me for a moment.

Yes, I'm taking in what you're saying – please give me a moment.

I hear you.



Let's go back to that conversation.

The one you recalled earlier.

This time — you notice your early warning system.

You feel it in your body.



Now...

Pause.

Take a breath.

Am I my best self? Will I regret this? What choice am I making?

How does this shift the moment?

What becomes possible?

How do you feel about yourself in this version?



What you felt in the
reimagining is always
available to you.



Takeaways.

You named a strength you may never have named before.

You recognized your early warning system.

You practiced a technique you can use right now.



Every interaction you have shapes your workplace.

The more consciously you communicate, the more you contribute to the kind of workplace you want to be part of.



What kind of
communicator do you
choose to be?





Keep going.

The conversation has just begun.

Post-webinar summary coming your way.

One-on-one and group communication coaching available.

Sign up for the *Higher Frequency* newsletter.

welovecommunicating.com