

COMMUNICATING TO Converse Conv

CAHF

NOVEMBER 2021



CHANGE THE WAY YOU NAVIGATE YOUR LIFE

4 TENETS

l.	at a time.
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- 2. The quality of your life is a direct _____ of the quality of your conversations.
- 3. The life you want is on the _____ side of a tough conversation.
- 4. Tough conversations, navigated successfully, get you what you want and create the ______ life you desire.



CO-CREATE A BETTER FUTURE

ALIGNING BRILLIANCE

STRENGTHS	WHAT'S WORKING	OBJECTIVES	PAYOFFS	CONCERNS	TWEAKS
REGARDING YOUR TEAM OR DEPT AND/OR COMPANY, OR OUR PARTNERSHIP, WHAT ARE SOME OF YOUR/OUR STRENGTHS? INDIVIDUALLY? COLLECTIVELY?	WHAT ARE YOU/WE ALREADY DOING TO SUPPORT THESE SUCCESSES AND STRENGTHS? WHAT'S ALREADY HAPPENING TO SUPPORT YOUR TEAM'S / COMPANY'S, OR OUR FUTURE SUCCESS?	REGARDING YOUR TEAM/DEPT AND/OR COMPANY, OR OUR PARTNERSHIP, WHAT ARE YOUR/OUR OBJECTIVES? WHAT DO YOU/WE WANT OUT OF THE DAY, QUARTER, YEAR?	WHEN WE ACHIEVE THESE OBJECTIVES WHAT WILL BE THE BENEFIT/PAYOFF FOR YOU? Y/OUR TEAM? Y/OUR TEAM? Y/OUR COMPANY? OUR PARTNERSHIP?	WHAT ARE YOUR/MY CONCERNS ABOUT? INDIVIDUALS? GROUP? HISTORICAL EXPERIENCES? FORTHCOMING NEEDS?	WHAT CAN WE NOW DO MORE OF, BETTER, OR IN ADDITION TO, TO ACHIEVE OUR OBJECTIVES? WHAT TWEAKS CAN WE MAKE TO MEET & EXCEED OUR OBJECTIVES?

Up-LEVEL THE CONVERSATION:

• Where and/or with whom might you use this conversation framework?



#1 TOOL FOR CHANGING LIMITING THOUGHTS

CTFAR

C= CIRCUMSTANCE Things that happen in the world.

Facts.

T = THOUGHT Things that happen in your mind.

This is where you coach.

F = FEELINGS Vibrations that happen in your body

- caused by thought, not circumstance.

NOT physical sensations.

A = ACTIONBehavior - what we do in the

world.

R= RESULTS What we see in the world (our

lives) as an effect of our actions.



TAKING STOCK

STATE OF THE UNION

Stating the Painful Thought/Belief:

1. What is the thought that brings you pain?

- 2. When you think this thought, how do you feel? Write down at least two feelings the painful thought causes you to feel.
- 3. When you experience these feelings, how do you act? Write down the actions you take with these feelings.

4. When you act this way, what is the result? Write down what happens when you behave the way you do.



CHOOSING A LESS PAINFUL THOUGHT

THE TURNAROUND

Shifting Perspective for a More Helpful Belief

5. Is your original thought true? Is it always 100% true? Write down two reasons why your thought is not 100% true.

6. Knowing that your original thought is no longer true, what's a new, less painful thought, that is just as true, or more true than your original thought? Write down 2-3 slightly "better feeling" thoughts that you know are true.

7. Of the 2-3 new, less painful thoughts, which one resonates with you the most? Circle this new, less painful thought.



CHOOSING A LESS PAINFUL THOUGHT

THE TURNAROUND

8. When you think this new thought, how do you feel?
Write down at least two feelings this new thought causes you to feel.

9. When you experience these feelings, how might you act? Write down the actions you might take with these feelings.

10. If you act this way, what will be the result?
Write down what happens if you behave in this new way.



STAYING ANCHORED & MOORED

LEADIN' & TALKIN' TO YOURSELF

Watch your spiraling stories. [how & what yo think]

Low Energy Words

High Energy Words

STAYING CONNECTED

Free tools: amyk.com/mojo

www.amyk.com - coaching, consulting, training

LinkedIn @AmyKHutchens

Instagram @AmyKHutchens

Women Leaders: www.shegetsit.com/mojo



A BRILLIANT BACKPOCKET ONE LINER = GOLD

MAGICAL PHRASES



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#2.	·	
#3.		
#4.		
#5.	•	