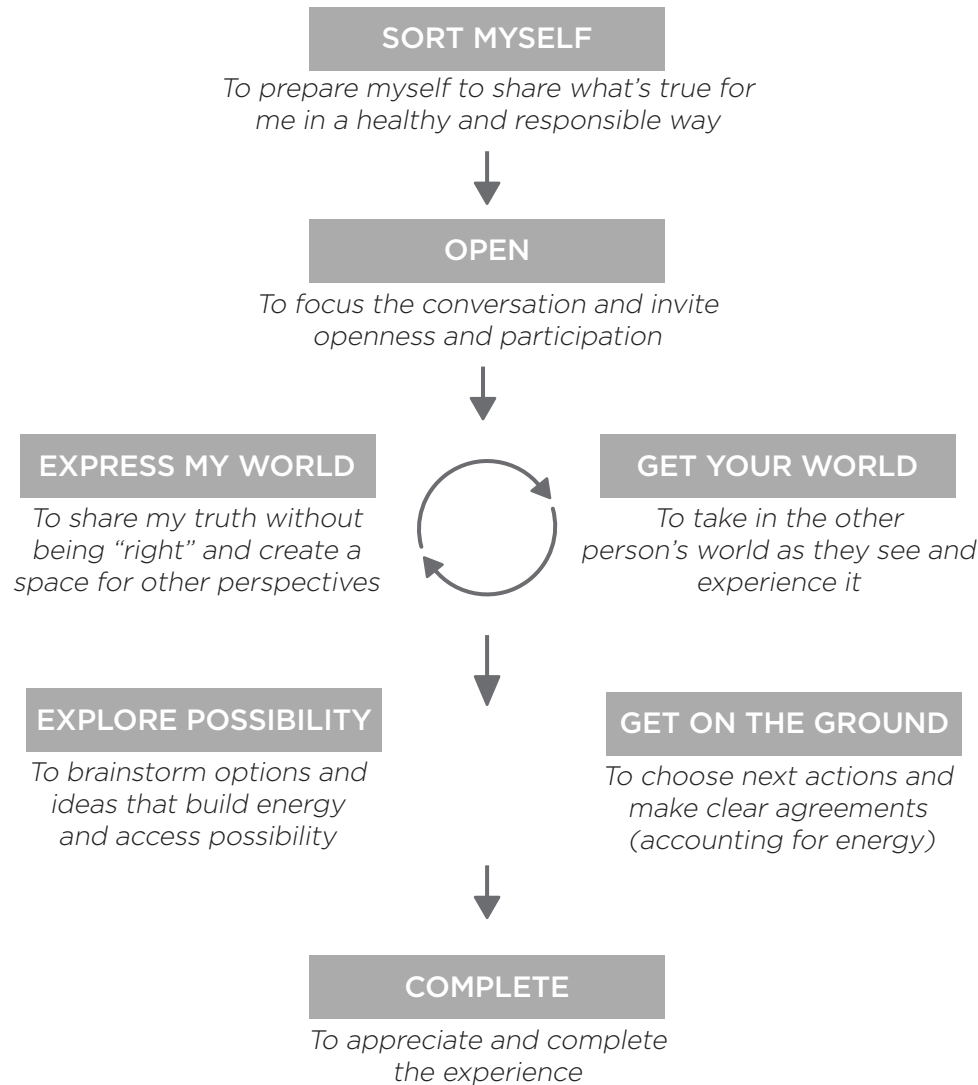




BREAKTHROUGH COMMUNICATION

The Parts & Purpose of Breakthrough Communication

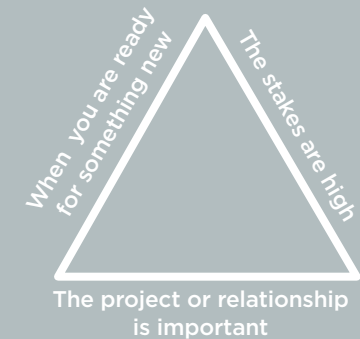


INTENT

To communicate ways that:

- Honor and strengthen our relationship
- Supports us building better results together

When to have a Breakthrough Conversation





Sort Myself

1. In one minute or less, **describe the situation.**
2. As you think about that situation, **what are you feeling?**
(Frustrated, concerned, nervous, etc.)
3. What do you **really want** with this person or in this situation?
(The big want)
4. If your next conversation could move you toward that, **what would you want out of that conversation?**
5. What are some of the **facts** you are focused on?
6. What are some of the **stories** you are making up?
7. What are you now aware you want out of the next conversation? (**Intent**)
8. What do you want to focus on? (**Content**)
9. Are you **open to having this conversation?**
If yes, by when?

Conversation Cheat Sheet

Open the Conversation

- My intent for this conversation is _____.
- The content I want to focus on is _____.

Express My World

- What happened is _____. (Facts)
- The story I'm making up is _____. (Story)

Get Your World

- What's true for you?
- What I hear you saying is _____. Is that right?

Explore Possibility & Get on the Ground

- Let's brainstorm some ideas and/or possibilities together.
- Where is there energy you/we could lean into?
- Are you willing to take the next step? If so, by when?

Complete the Conversation

- I appreciate _____.
- Is there anything else you or I need to say to complete this conversation?