



3 Tips for Better Communication

HEALTHY RELATIONSHIPS WITH COWORKERS DEPEND ON THE ABILITY TO COMMUNICATE OUR NEEDS AND FEELINGS TO EACH OTHER. HERE ARE A FEW GOOD HABITS THAT CAN STRENGTHEN THE DYNAMIC OF THE TEAM.

1.

JUDGEMENT-FREE LISTENING

Practise listening without forming an opinion. Judgement-free listening will help you pay attention and understand where the speaker is coming from.

2.

EXPRESS YOUR FEELINGS

If you're struggling with a negative mood or emotion, try to put words to how you're feeling in that moment, and find an appropriate time to clearly express what you need to feel better. Clear and honest communication can help your coworkers, friends and loved ones to support you—nobody's a mind reader!

3.

LISTEN EMPATHICALLY

When people feel heard and understood, they are more willing to hear what others have to say. When you listen empathically, you are more likely to receive that same keen ear in return.