

3 ways to COMMUNICATE WELL



Try these tips to develop good communication habits and build healthy relationships with your family, friends, and workmates.

1 Asking thoughtful questions
This shows that you are listening and reduces the chance of miscommunication.

2 Using positive non-verbal signals
Think about what you're saying with your stance, tone of voice and expressions.

3 Maintaining emotional awareness
Identifying our feelings can empower us to communicate more intentionally.



More info and
watch the video.