

# 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.