

# 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.



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