

Communication is the key!

Use "I statements"	Communicates directly	Expresses honestly and kindly	Smiles often	Makes good eye contact
Empathic	Takes a time out if needed	Never yells	Compliments others	Respectful to others
Speak clearly	Use healthy coping skills	Closest colleague	Discusses one issue at a time	Is grateful
Is patient with anyone	Solve conflicts	It does small acts of kindness	Is aware of non-verbal cues	Never stonewalls
Good listener	Easy to understand	Offers help	Wise calm collected	Expresses feelings with words

Communication is the key!

Use healthy coping skills	Compliments others	Smiles often	Empathic	Never yells
Expresses honestly and kindly	Wise calm collected	Makes good eye contact	Easy to understand	Respectful to others
Is patient with anyone	Discusses one issue at a time	Closest colleague	Is grateful	Communicates directly
Is aware of non-verbal cues	Offers help	Use "I statements"	Expresses feelings with words	Solve conflicts
It does small acts of kindness	Never stonewalls	Speak clearly	Takes a time out if needed	Good listener

Communication is the key!

Easy to understand	Offers help	Compliments others	Never stonewalls	Discusses one issue at a time
Use "I statements"	Is patient with anyone	It does small acts of kindness	Takes a time out if needed	Makes good eye contact
Speak clearly	Expresses feelings with words	Closest colleague	Solve conflicts	Is aware of non-verbal cues
Use healthy coping skills	Respectful to others	Smiles often	Wise calm collected	Expresses honestly and kindly
Is grateful	Communicates directly	Never yells	Empathic	Good listener