

FOUR WAYS OF CONNECTING

Native Communication Listen with heart and mind

"Check" your feelings
Use "I" message - not "You"
Extended pause time is okay
Be assure and affirm
Be patient with different styles and challenges

Be respectful
Do not interrupt
Be quiet when listening
Be empathetic
See others as part of the circle

(Feel)Emotional

Spiritual (Connection)

(Thinking) Mental

Physical (Movement)

Prepare statement before talking Monitor voice volume, tone, and inflection Be aware of that people receive information in different ways Use verbal prompters Avoid big words

Keep arms unfolded Smile Keep open body position Hand shake awareness

Relaxed

Eye contact/gaze