

Download Compassionate Communication

There are four components in the compassionate communication model. Each step helps you respond to others with less blame and more compassion in difficult situations. Each step helps you respond to others with less blame and more compassion in difficult situations. Online Compassionate Communication Course This 8-week online course will lift you out your ineffective communication grooves and give you a new framework from which to communicate so that you experience peace, harmony, and a deeper connection in your relationships. Compassionate Communication is a practical exploration into how and why others hear us as they do, and how and why we hear others as we do. This understanding helps us choose differently in the way we listen and how we express ourselves; and so to a more compassionate and enriching understanding both of others and ourselves. It is a pathway to the connection we long for in relationship. 8 Tips to master compassionate communication. Communication is one of the most important areas of your life. It is important to have the ability to communicate with compassion. Compassionate communication shows a genuine desire to understand, and get to know, the other person. It is the rock upon which healthy relationships are built. When you ... - Compassionate Communication