

Mindful Communication for Better Conversations



Top Tips from Steph Peltier

Mindfulness of the breath meditation: practice for 3 minutes prior to a challenging "meeting" in order to step out of the Default Mode Network, regulate your emotions and engage with calm and intention. As a general rule, a 5 minute daily practice is enough to start slowing the automatic narrative process of the mind, to practice being present but also to improve your focus and increasingly feel calmer, more resilient and more compassionate.

Be present without judgement: put aside your mobile phone, let go of multi-tasking and absorb the information with all your senses: the words, your interlocutor's body language and emotions, the impact of the environment on your conversation. Have the serenity to accept what you cannot control (others' behaviours) and the strength to remain kind and compassionate, away from judgement.

Listen: the simple act of listening – real, active listening without judgment or advice-giving – can be life changing. It's a portal to learn, understand, grow, and connect with one another. A way to show someone you care about them and want to hear what they have to say. Listen with your ears and your eyes too (facial expression and posture can say a lot more than words - check your own posture too). Acknowledge your interlocutor by reframing their words, asking questions and express your understanding always before giving advice or your point of view.

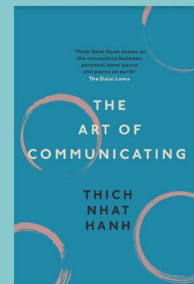
THINK before you speak: are your words True, Helpful, Inspiring, Necessary, Kind

Metacognition & Place: Pay attention to your thoughts and emotions and recognise how they could tint your perception of reality. Breathe deeply to reset should your thoughts and emotions run the show. Pause, label your thoughts, are they 100% true? Can there be a different perspective? Empower yourself to manage your reactions and instead respond for the best possible outcome.

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BOOK

The Art of Communicating by celebrated spiritual leader Thich Nhat Hanh reveals five steps to truly mindful communication.



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Meditating has been shown to enhance compassionate behaviour toward others. Learn the basics for free.



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For difficult conversations:

- Prepare - set an intention for your conversation, a goal for sure but also the intention to stay open, curious, kind, non-judgemental and find a solution.
- Take a few minutes prior to your meeting to breathe and calm the automatic narrative circuits of the brain (DMN).
- Adjust your posture and breathe - nobody is expecting you to answer in the second, take a deep breath, maybe reframe what your interlocutor is saying to give you time to breathe and reset yourself to kindness/compassion, solution seeking.