

# Cedarwood School

Prep Switchboard: 011 465 9830 / 011 467 4657  
Emergency: 071 609 7253

College Switchboard: 011 467 4889  
Emergency: 072 617 5291

113 Dunmaglass Road, Glenferness | [www.cedarwoodschool.co.za](http://www.cedarwoodschool.co.za)



## CONSCIOUS COMMUNICATION

Conscious communication is based on the belief that good communication skills are the foundation of relationships.

Being conscious is a **Purposeful** act, it means you are **Aware** of and **Present** with the other person in an **Intentional way**. We become conscious communicators when we are aware of our words, body language, and energy in every interaction.

Being aware means being present in and curious about how to express ourselves, and the impact we are having on individuals and others.

We must take responsibility in our relationships by owning our part in any conflict and celebrating new milestones of success and joy.

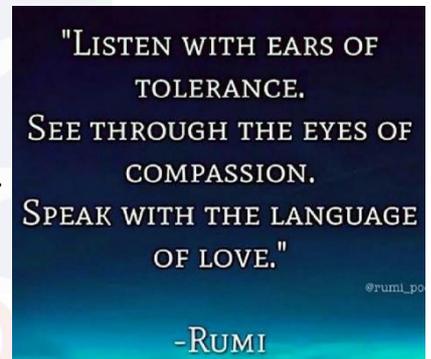
**Connection is the heart of communication.** To practice conscious communication our words, movements, and energy must be in the service of nurturing connections. Connection is the passageway between individuals through which various forms of self-expression travel.

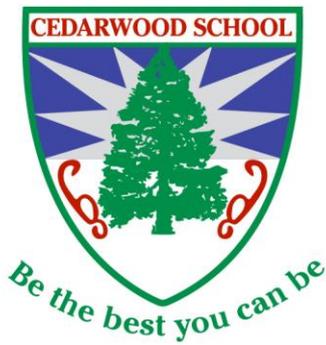
Being a conscious communicator means being deliberate and intentional in how we express ourselves so that we nurture our connections and the lines of communication.

### **Hidden Costs of Unconscious Communication**

It has been found that when people are not consciously communicating, they may go into "red zone" behavior which crosses all cultures and languages. These behaviors are:

- Whining and negativity
- Attacks or tantrums
- Withdrawing
- 'Yes' and 'maybe' behavior
- Passive aggression





# Cedarwood School

Prep Switchboard: 011 465 9830 / 011 467 4657  
Emergency: 071 609 7253

College Switchboard: 011 467 4889  
Emergency: 072 617 5291

113 Dunmaglass Road, Glenferness | [www.cedarwoodschool.co.za](http://www.cedarwoodschool.co.za)

## Ways to nurture and sustain your connection with others.

- **Speak Calmly**

When we raise our voice or react to what others are saying we initiate conflict. So much of our conflict can be averted by simply staying calm. It is the safety created by our calmness that keeps the space of connection open. Taking deep breaths is a great way to stay grounded in your body and maintain a calm tone. Identifying the underlying need or deeper value trying to be expressed by the other will also help you to stay calm. In other words, look for the positive and see through the eyes of empathy.

- **Speak Slowly**

Speaking fast is a sign of being ungrounded, nervous, and, disconnected. When someone speaks fast it often feels like they are talking right through us. By pacing ourselves, we create room between our words, so that each word is easily received. It is in the spaces between that we not only hear the other's words but connect to the human being behind the words.

- **Use Brevity**

Communication has more impact when it is short and to the point. The longer our sentences and the more we speak at one time, the less engaged the other will be. They will begin to drift away. Be conscious of your balance of dialogue-to-meaning and be aware that you are listening as much as you are speaking. When this balance gets tilted too much to one side, you will lose your connection and your desired impact.

- **Pause**

Conscious communication is not just about the art of sharing but the art of receiving as well. It is very tempting to want to continuously fill in space, especially when there is a pause after you finish speaking. Let the pause settle in, allow others a moment to digest what you have said and compose their thoughts. By speaking calmly, slowly and with brevity you will find it much easier to hold empty spaces that lie between your words and theirs.

While the four keys are simple, they may not be so easy to practice. We have a lifetime of habitual patterns to overcome.

Know that it will take time and practice to communicate consciously, but soon you will see the shift in dynamics of your relationship towards greater connections.

