

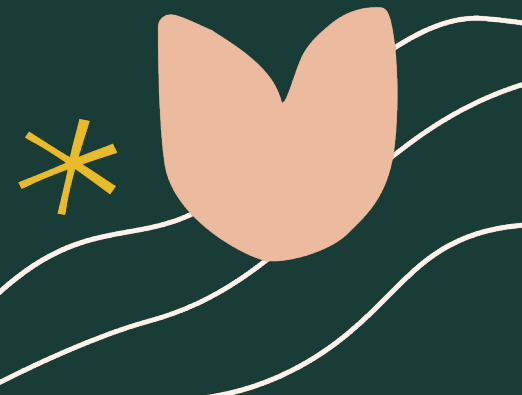


# CONVERSATIONS THAT CONNECT

Free to be Curious and Peaceful!

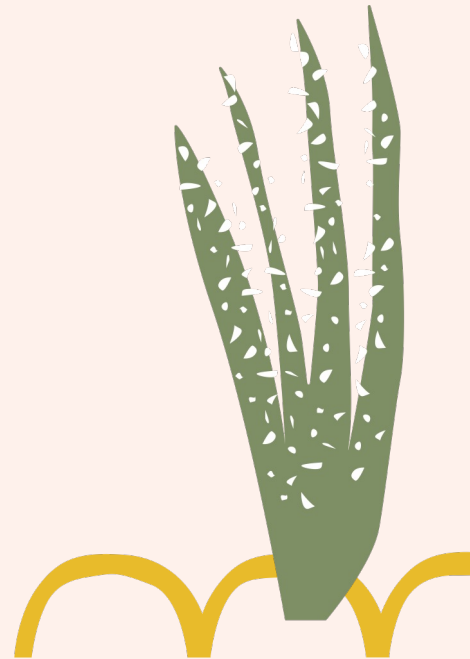
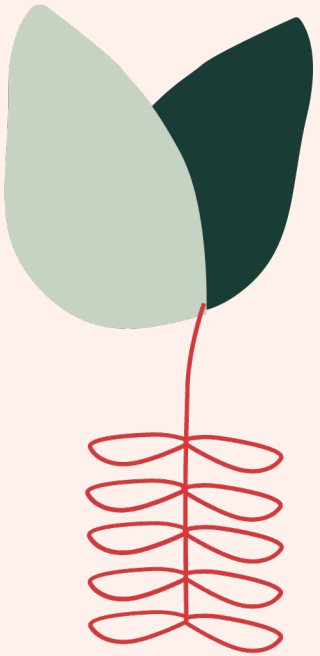


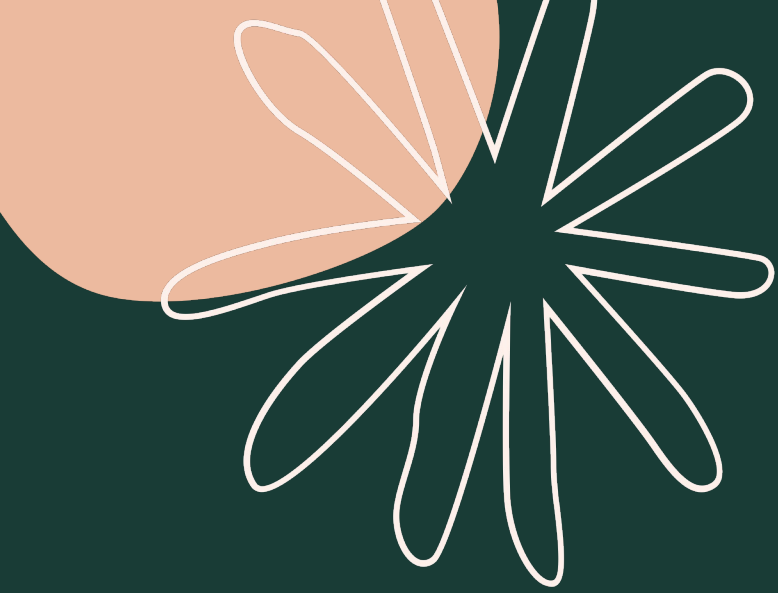
by Kelli  
Pearson





# My “Why” in 2020

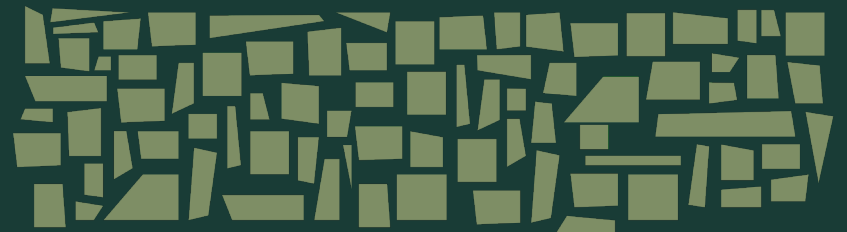




Who has ever  
changed anyone's  
mind?



Have you ever  
changed your  
mind?





# WHAT MAKES US THINK “I AM NOT TALKING TO YOU!”

Arms folded

Looking away

Loud

Finger pointing

Interrupting

Rolling the eyes

Name Calling

Walking away

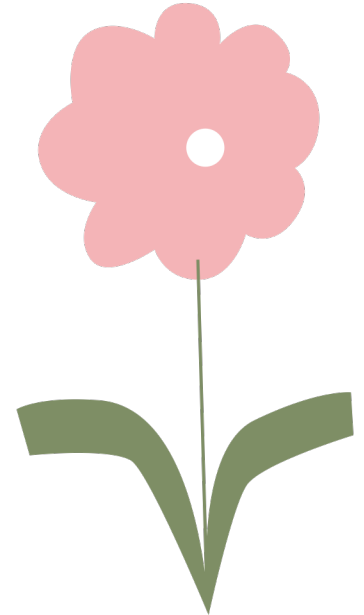
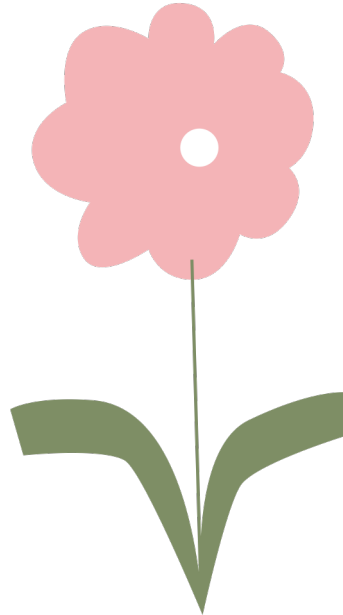
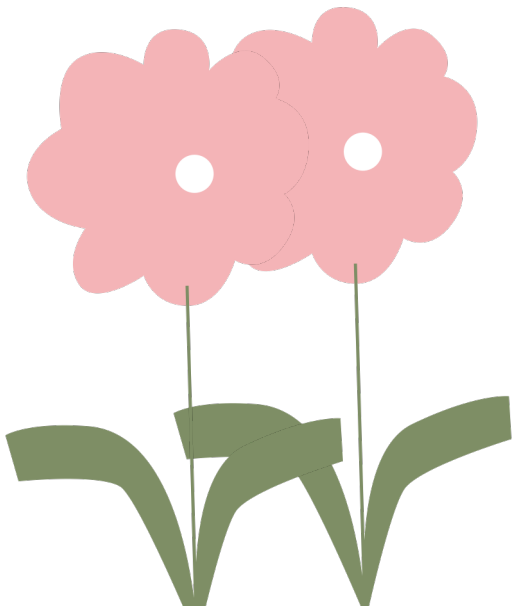
Accusatory  
questions

Completing our  
sentence



The quality of life is  
defined by the quality of  
our relationships.

My story of Dr. David Reilly



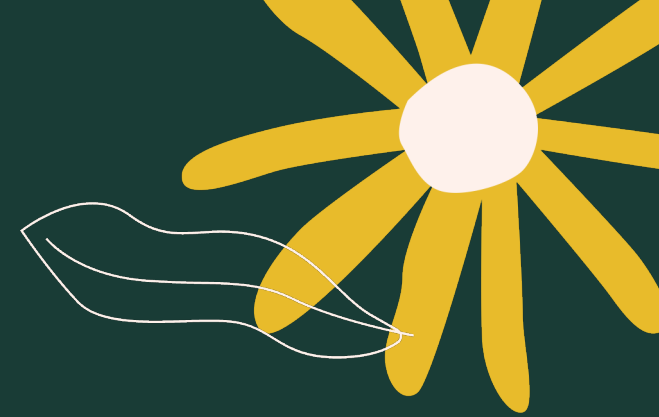


Unlearning is the  
highest form of  
learning!

Rumi



# Requisites to Play



Give up your right to be right!

Take on a willingness to be curious.

No strategizing how to make them better / smarter / less stupid!


Choose to honor the person in front of you - you don't need to fix them!

Remember our opinions are simply our experiences and stories.

Our opinions may just be place holders - they might change.







# GUESS HOW LONG A CONVERSATION LIKE THIS TAKES?

( If you don't interrupt? )





# FOUR SIMPLE STEPS!

## STEP 1

Look at the hand out on your table  
Pick someone you don't know OR  
know they have very different  
opinions than you. Be **BRAVE**.

## STEP 2

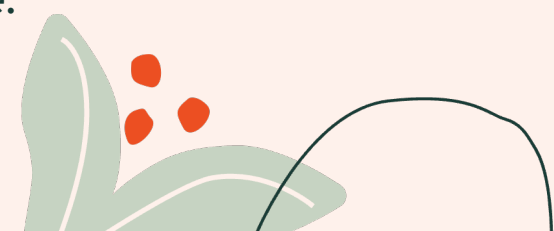
Grade your views by putting an X  
closer to the position you hold. See if  
you can find some “gaps” in a topic  
with your partner. You then decide  
what you want to discuss and begin.  
Their job is to listen deeply.

## STEP 3

When you are done, say “I am done.”  
The listener then summarizes what  
they heard. You tell them if they got it  
right and if not, you clarify your  
perspective.

## STEP 4

Change partners. If they hold an  
opposite perspective on the same  
topic, they may share that OR pick  
a new topic that also has a “gap”.





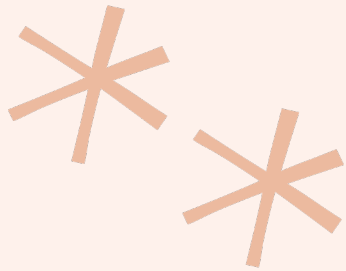
You got this!

LET'S TAKE 3 DEEP BREATHS TOGETHER.

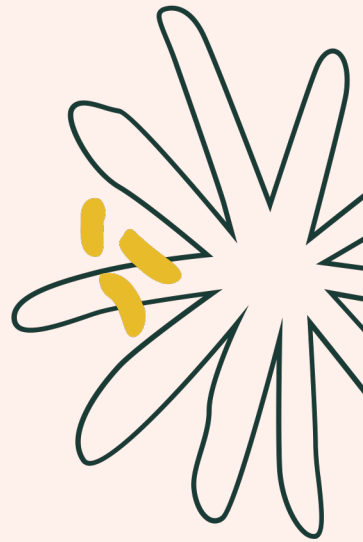
THE MOST EFFECTIVE WAY TO GIVE OR FEEL  
COMPASSION IS THROUGH DEEP LISTENING.



What did you feel,  
see and learn?



Who wants to feel  
gracious and share?



# WHAT TO DO TO PREPARE FOR THIS TYPE OF CONVERSATION?

ASK PERMISSION TO  
UNDERSTAND THEM BETTER  
ABOUT A TOPIC

Lay the ground rules of NO interruptions.

Remind them this is to UNDERSTAND and  
NEVER to try to change minds!

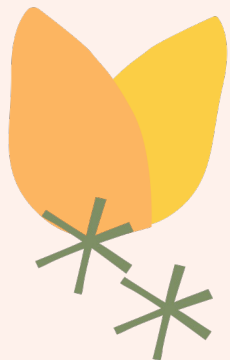
SET A TIME AND DATE

15 to 20 minutes





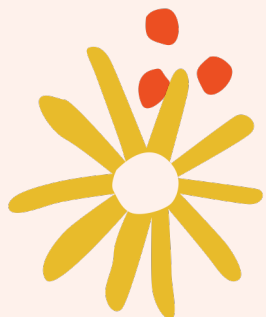
# One quick TIP on your path to comfortable!



Do not “BUT” yourself or them. (Tony Robbins)

Hear their contrary opinion and say: I respect your take OR I appreciate your perspective.

Then say AND (not BUT) and give your perspective.



You will find common ground and have something to think about.



THANK YOU FOR PLAYING!

LIFE IS TOO SHORT TO HOLD BACK,  
TO BE AFRAID TO RELATE,  
TO FORGET OPINIONS ARE NOT FACTS,  
TO MISS FINDING OUR COMMON GROUND  
AND TO LOVE LOTS OF NEW PEOPLE!

