



**“Powerful Communication
requires practice.”**

– Pollyanna Lenkic

Amazon lists 80,000 titles citing communication reflecting our need to understand more about how we communicate. Having honest, compassionate and direct conversations is not always easy.

Frameworks are effective to help with the preparation and provide perspective. Understanding where our communication gets derailed is useful too. We know that fear plays a part showing up in different forms resulting in a collision or avoidance.

All of this understanding keeps us informed and provides a structure. And the only thing that makes a difference is moving away from the fear, towards courage and utilising the frameworks. The difference comes from the practice. Every day. Start small, initiate a conversation that you usually avoid, a low ticket item in a safe to fail environment.

We have many intricate strategies for avoiding what we feel is confronting and difficult, all coming from a place of fear, fear of being judged, ridiculed or hurting someone's feelings. All while avoiding how this makes us feel.

Share your thoughts on how you could practice powerful communication in a safe space. so others can build a bank of practices.

Pollyanna