

Overview

Unit 6: Self-Talk

Topics:

- Self-talk
 - Constructive feedback and self-coaching
 - Assessing self-talk style for awareness and improvement
 - Non Violent Communication
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Learning Objectives:

By the end of this Unit, you will be able to:

1. Analyze your self-talk.
 2. Provide constructive feedback while practicing leadership skills of assessment and feedback.
 3. Note your own self-talk style and initiate a needed, self-coaching improvement.
 4. Practice Non Violent Communication (follow up from Units 3, and 4).
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Tasks:

- Peer assess Unit 5 Written Assignment
- Read the Learning Guide and Reading Assignments
- Complete an entry in the Learning Journal
- Take the Self-Quiz
- Take the Graded Quiz



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