## Communication Strategies

### **Great Communicators**

- Commit to a better way
- Have courage to change the system
- Go beyond defined boundaries
- Motivate themselves and others
- Care for others
- Maintain a low profile
- Keep a sense of humor

## **COMMUNICATION GOALS**

- Be Specific with your communication goal
- Make sure your goal can be measured
- Implement the goal
- Select a goal that is realistic and accomplishable
- Set a time to accomplish

#### Be Specific with your communication goal

#### **EXAMPLE:**

participate in a book club to improve strategies

#### Make sure your goal can be measured

#### **EXAMPLE:**

Plan to attend the book club monthly

#### Be prepared to implement the goal

#### **EXAMPLE:**

Without being asked, communicate in the group setting a minimum of twice

# Select a goal that is realistic and accomplishable

#### **EXAMPLE:**

Actively engage before, during and after with fellow book club members

#### Set a time to accomplish

#### **EXAMPLE:**

Participate in book club for a specific duration of time (6 mos, etc...)