Stage One — Start strong What is effective communication

- Clarity
 - Write a quick outline before any communication
 - Topic -> Three main points -> Next items for audience
- Good Storyteller
 - The use of simple, evocative imagery
 - The ability to create human empathy
- Choose the right medium
 - Email or text / message may not be the best option to resolve the conflicts
 - Audio, video can be better
 - Meet in person may be the best in some cases

Stage One — Start strong Fair reward

- Think about the contribution not calendar
- Focus on the right goals and priorities
- Want a raise or promotion?
 - Set a plan with your boss
 - Think of succession plan
 - Stick to big picture
 - The greatest learning curve
 - The maximum career equity