

How to Become a **SUCCESSFUL** **COMMUNICATOR**



AMAZING
RELATIONSHIPS
ARE ON THE
HORIZON!

HI! I'M EXCITED TO CONNECT WITH YOU!

I have helped thousands of **LEADERS** find the **root reason** they are having problems communicating and **fix it** – so they can build the relationships that matter most.

SUCCESSFUL COMMUNICATORS:

- Learn to make stress work for you
- Build an empowering culture with mindfulness, connection, and creativity
- Implement the “**Humanity Factor**”
- Clarify and accomplish your true goals and needs faster
- Identify strengths/weaknesses
- Shore up your inner game
- Coach team-building stages

To get you started, here's the secret skillset that get results every client raves about WITH practical action steps you can put in place today!

As a bonus, explore any of the Five Fabulous Personal Growth Resources as well.

All life's best,

Julie Cavif

How to Become a Wildly SUCCESSFUL COMMUNICATOR

Becoming an expert communicator is a life-long process. Great leaders can converse and create rapport with almost anyone. Great spouses/partners truly connect and listen for each other's needs, wants, desires, and dreams and build trust by sharing theirs as well.

Our past experiences, our identity and values, our ability to manage our thoughts and emotions, and our capacity to build mutual understanding all play a huge role in our success in the communication process. By making the investment to become an **SUCCESSFUL COMMUNICATOR**, we reap benefits in our personal and professional lives.



How do we become an SUCCESSFUL COMMUNICATOR? My coaching clients always grow through role-playing the active listening process. The exchange of thoughts, facts, ideas, or feelings has transfer lanes in both directions. The cooperative process known as active listening ensures this exchange. Using this tool can help close the communication gap in our personal and business lives.

Active listening communicates interest and value to both people.

Secret Weapon #1: Active Listening

Active listening is the conscious and deliberate act of listening to each other with the goal of understanding their intended meaning. The active listening process is simple.

Step One: Whoever is currently speaking has the 'floor' and holds a small object such as a pen. The listener focuses on hearing the speaker's perspective, especially if it isn't what he or she wants to hear.

Step Two: When the speaker is done talking, he or she transfers the right to speak by handing the pen to the listener. The listener paraphrases what they have heard the speaker say.

Step Three: The pen is given back to the speaker who will either confirm the listener has heard correctly, or give the listener more details until the speaker's message becomes clear. As the two people alternate in exploring one side of the issue, the cycle with the pen continues until the concept has been transmitted and received correctly.

Step Four: After the first person's point of view has successfully been heard, the listener and the speaker switch roles. The process repeats itself until the second person's point of view has also been fully communicated. Solutions usually become clear as both people cooperate to be heard.

Note: Listening can be hard work. Eye contact with the other person communicates active interest. Don't rush through the silences; enjoy the process. Waiting for the other person's response communicates deep levels of value and builds trust.

We communicate love and respect by giving our family and friends the time and care they need to communicate their dreams, needs, instructions, or questions. This skill also produces close teams and satisfied clients.

Discover the power of active listening today by scheduling 15 minutes to practice role-playing with your family and / or workmates. You can become an **EXPERT COMMUNICATOR!**

Five Fabulous Personal Growth Resources



This is an easy resource to start with. To work with others productively, we must learn how to communicate with others so they feel valued and loved. To take a fun step toward build rich, satisfying relationships, take the quiz at www.5lovelanguages.com.



It is powerful to align with eternal principles. Men's number one need in relationships is respect; Women's number one need is unconditional love. The book, Love & Respect brings the two together in a balanced way.



Entertaining new thought patterns opens the door for our purpose to emerge. Graham Cooke challenges us to think brilliantly and transform our lives in his series, "The Art of Thinking Brilliantly" which is available on youtube and at www.BrilliantBookhouse.com.



Make the most of every minute! The hourglass is running and cannot be stopped. Two foundational books on time management I have repeatedly reviewed and used for 35 years: Margin by Dr. Richard Swenson and the One-Minute Manger by Kenneth Blanchard.



There are lots of active listening resources on the web. If you want some great hints for your role-play practice, check out Forbes.com/WomensMedia: 10 Steps for Effective Listening.



Imagine meeting with a new client or donor for the first time and making a real connection. **Authentic and full of potential.**

We teach specific skill sets. Fruitful connections are nurtured through honest, vulnerable interaction. It's time to build relationships that **make you a better person... and successful!**

You can master powerful relationship-building principles to enjoy a level of freedom, wholeness, and success others only dream of. Those who apply any of the seven phases of transformation and six superior mindsets my clients focus on get results like Angela:

As a result of working with Julie, I now respond to stressful situations in a more positive, emotionally-stable manner. How did this happen? I learned key life skills that I use every day to nurture key relationships and dealt with past issues that were holding me back from putting my best self forward. I feel great about my growth and am communicating better than I have in 25 years. Angie E.

But this magic doesn't happen overnight or by accident. If you want personalized, private help, schedule a free 30-minute chat about **How To Become a WILDLY SUCCESSFUL COMMUNICATOR.**

SCHEDULE MY 30-MINUTE CHAT

Thanks for spending time with me. Way to invest in yourself! I am so proud of you!

All life's best,

Coach Julie

P.S. Please friend me on ([Facebook](#) <-Click) and PM me to say Hi. Don't forget to schedule a 30-minute chat to jumpstart your fresh start today!