

CONNECTION THRILLERS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CONNECTION THRILLERS

CONNECTION KILLERS

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- 1.
- 2.
- 3.
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- 6.
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- 8.
- 9.
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THOUGHTS • FEELINGS • ACTIONS • RESULTS

C.R.U.D.*

[THE STUFF THAT BLOCKS CONNECTION]

Critic _____

Repeating History _____

Untruth _____

Disempowering Belief _____

* The concept of C.R.U.D. was inspired by Bruce D Schneider's framework for energy blocks, featured in his wonderful book, *Energy Leadership*.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

MAYA ANGELOU

CONNECTION BUILDING SKILLS

- ▶ Active Listening
- ▶ Acknowledgment
- ▶ Validation
- ▶ Positive Language
- ▶ Reframing

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