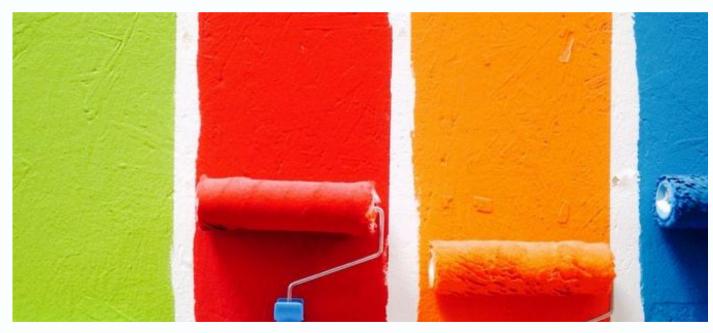


YOUR FREE GUIDE TO Mindful Communication



www.jodiparris.com

Challenges occur due to lack of communication, talking and understanding each other.



IMPROVE YOUR COMMUNICATION FOR BETTER WORKING RELATIONSHIPS

How you can Communicate better

TRY THESE TIPS

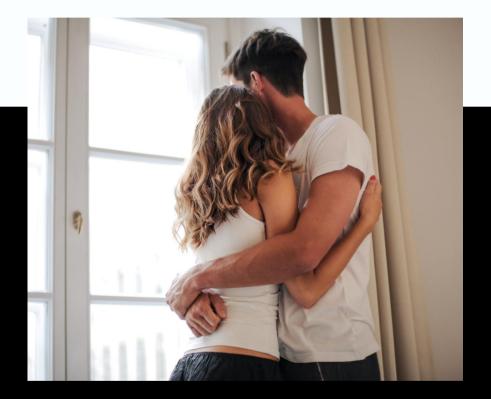
1- Be patient and listen with an open mind and heart. Let go of any judgement and blame in situations.

2- Be more fully present in your daily life and your conversations. Let go of past and future thoughts.



3-Meditate for an increase in focus, clarity and happiness. A guided or silent practice, 10 minutes everyday. Keep it simple.

Did you know, Humans are wired to Connect with each other?



IMPROVE YOUR CONNECTIONS FOR BETTER RAPPORT AND RELATIONSHIPS

How you can Connect better

TRY THESE TIPS

1- Talk and open up about your shared experiences. This will help build rapport and trust.

2- Let go of your ego and having to be right , be real, truthful and honest with yourself in your conversations.

3-Take a breath first. Talk and speak mindfully with intention.



Did you know, lack of confidence stops you from taking action.



IMPROVE YOUR CONFIDENCE FOR BETTER SELF RESILIENCE PROACTIVE ACTION PROBLEM SOLVING

How you can be more Confident

TRY THESE TIPS

 Forgive yourself for past mistakes.
Instead be goal focused and start working on a plan to achieve them.

2- Replace your negative self talk with positive self talk. Start telling yourself, I can, I will.

3-Build strong emotional resilience by being a problem solver, take pride in yourself and your work.





Lets talk

BOOK YOUR FREE DISCOVERY CALL

You can take ownership of your life and happiness today.

Lets work together. jodi@jodiparris.com Whats App +64211520863 Follow the movement



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