

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

- 1- 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.

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Follow the movement

<https://www.instagram.com/happinessforradies/>

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JODI PARRIS
THE HAPPINESS COACH

