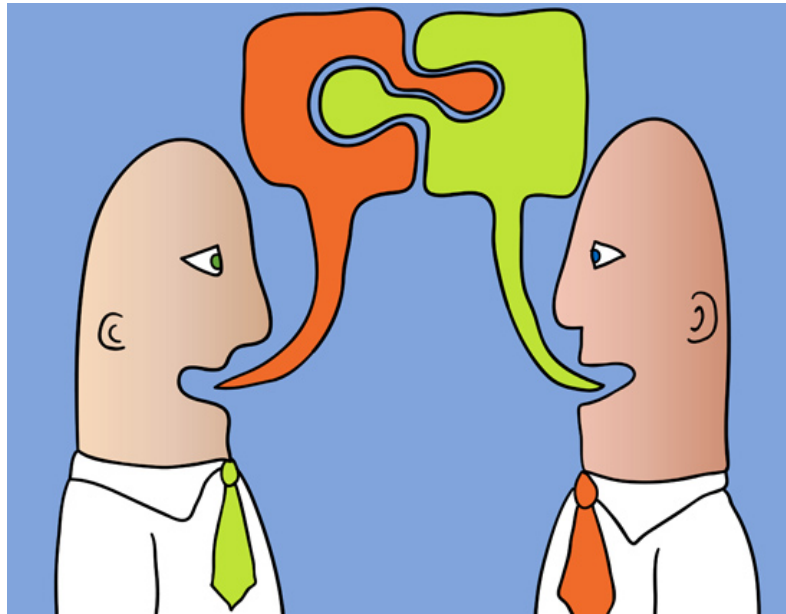


CU3A Mindfulness (Plus) Mindful communication

Sarah Jones

Fun 'facts'

- On average how long do you think couples spend in 'real conversations' per week?



Fun 'facts'

- If 100% of Face to face communication is made up of;
 - The words, that you say,
 - Music – the tone of voice, volume, accent etc
 - Dance, Body language

Fun 'facts'

- On the phone.
 - The words, that you say, between 2 – 5%
 - Music – the tone of voice, volume, accent etc
 - ~~Dance, Body language~~

Fun 'facts'

- If on your computer eg, send an e mail
 - The words, that you say, between 2 – 5%
 - ~~Music – the tone of voice, volume, accent etc~~
 - ~~Dance, Body language~~

Fun 'facts'

- Via text
 - ~~The words, that you say,~~
 - ~~Music — the tone of voice, volume, accent etc~~
 - ~~Dance, Body language~~

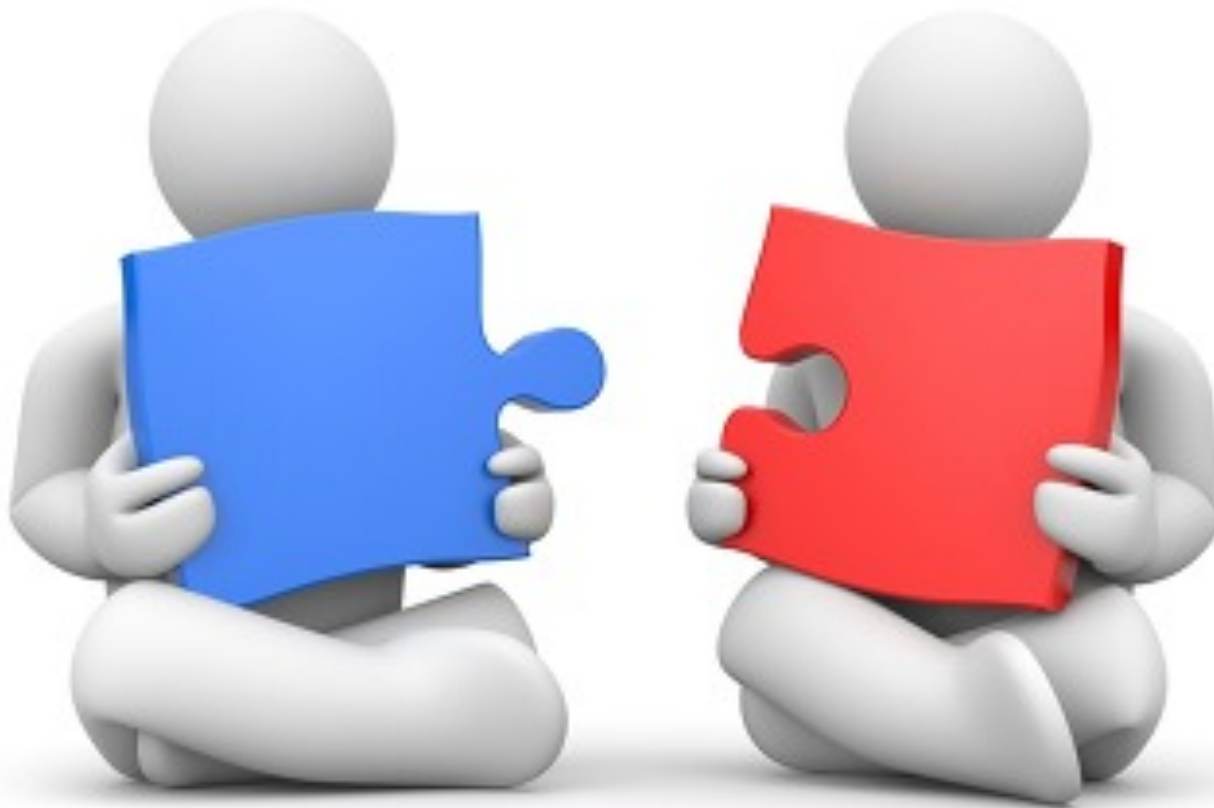
Fun 'facts'

- Are Skype/Face time, the answer???
- Apparently most of us spend most of the time looking at the image of ourselves! LOL
- You may think you are looking into someone's eyes, you are not!
- The buffering' can cause frustration.

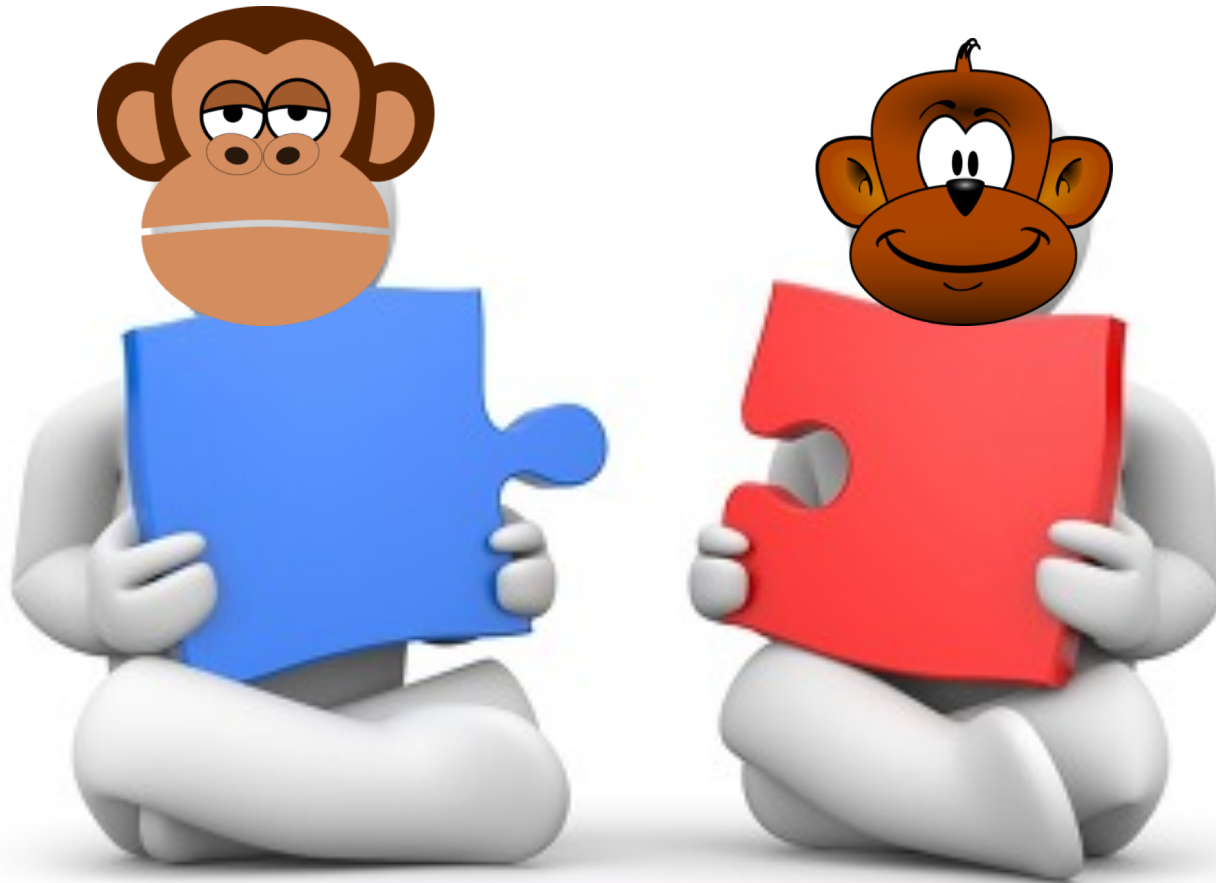
We humans....

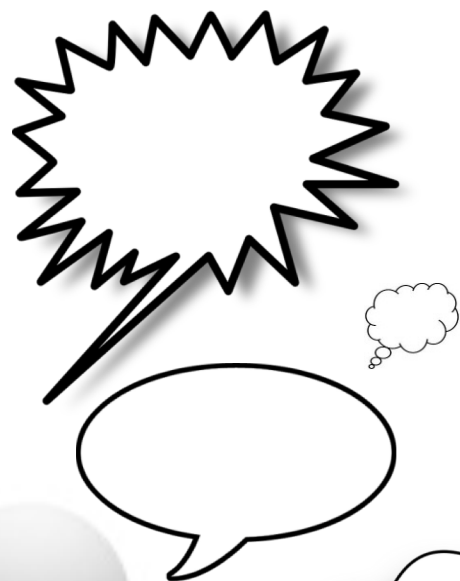
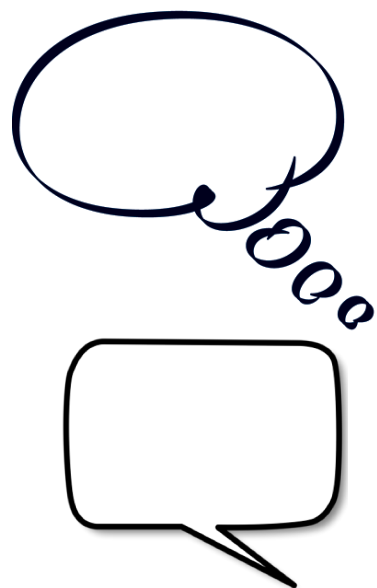
- We can only concentrate for 20 minutes (???)
- In order to get someone to really understand something we need to 'tell them' 7 times in 7 different ways
 - 'I can explain it to you but I can not understand it for you'
- Once we are under pressure we can not fully engage

Who is involved in a conversation/communication



Who is involved in a conversation/communication





My Dad

My boss

My best friend

My teachers

My boss

The school bully



I'm hungry

What time is it?

I did that last year

I am so cross with my wife

Great voice..

Great point, but....



Mindful communication

- 1) Fully Arrive, be present.
- 2) Breathe In Curiosity, Breathe Out Stability
 - Allow any ‘stray’ thoughts to come into your mind, that’s what thoughts do, and allow yourself to notice and ‘park’ them
 - ‘Listen’/connect with all of your senses
- 3) Connect to the Generous interpretation of situations/people/things said
 - a generous interpretation can be both difficult and freeing