Courageous Conversations

If we want our conversations to go well, we need to first think well about them! We need to consider both **what we want someone to know** AND **how we want them to feel**. So, there are two steps we can take to prepare ourselves.

Start with the Engaged Feedback Checklist from Brené Brown's Dare to Lead Hub https://brenebrown.com/hubs/dare-to-lead/ This is a fantastic tool to prepare mentally and emotionally to engage in a really productive conversation.

Then, we can use the **script structure** below to really think through how to communicate our thoughts and perspective clearly and concisely.

1. Name the issue
2. Select a specific example that illustrated the behaviour or situation you want to change
3. Describe why this is important to you
4. Clarify what is at stake
5. Identify your contribution to this problem
6. Indicate your wish to resolve the issue
7. Invite person to respond

And this should be delivered in no more than 90 seconds

Challenging our assumptions

How would I like to feel going into this conversation?   **Answer:** _____

What might I be assuming that stops me feeling _____?

What else might I be assuming that stops me feeling _____?

What am I assuming that most stops me feeling _____?

Answer: I am assuming that _____ (10 words or less)

Do I think it's true that _____?

What are my reasons for thinking so?

What could I **credibly** assume instead in order to feel _____?

Answer: I could assume that _____ (10 words or less)

If I knew _____, how would I feel?