

Uncovering Negative Emotions & Messages

Uncover negative messages by reflecting and analyzing:

- *Communication Model*
 - What is my communication style with self & others?
 - How clear is my communication?
 - Am I satisfied with the outcomes from my communication?
- *Commitment Value*
 - What does commitment mean to me?
 - How important is commitment to me?
 - Who or what do I commit to?
 - What is the price I pay for not committing or finding commitment of value?

GET TO KNOW Yourself



COUNSELLING & COACHING