

HAVING

difficult conversations

A QUICK GUIDE TO ENSURE YOU'RE
READY TO HAVE PRODUCTIVE
CONVERSATIONS ABOUT THE MOST
IMPORTANT THINGS

step 1

GET CLEAN

THOUGHT DOWNLOAD

Why is having this conversation important?

CLARIFY BY CATEGORY

- Impact on our life
- Integrity with myself
- Set a boundary
- Make a clean request

DEFINE THE RESULT YOU WILL GET

Regardless of what they say or do, what is your goal for you?

ANATOMY OF A CLEAN REQUEST

- 1) NEED TO KNOW INFO
- 2) WHAT YOU DESIRE + WHY
- 3) ASK FOR WHAT YOU WANT
- 4) OPEN FOR QUESTIONS
- 5) GIVE SPACE

step 2

SHOWUP

ASK TO TALK

Acknowledge your result.

BE VULNERABLE

You don't have to be perfect.

LEAD WITH FACTS

Be curious.

Make your
request, if
making one.

step 3

GIVE SPACE



Get Your Result

ANSWER QUESTIONS

Let them think

+

Setup a time to follow up.