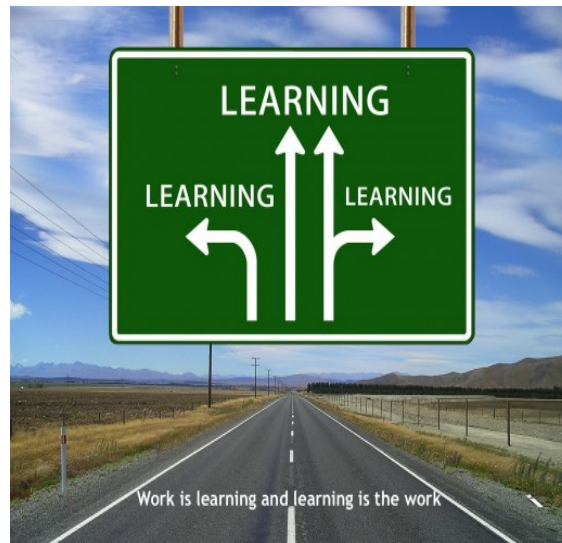


Neuro & Mindful Leadership – Think & Act Like A Leader

What are advanced
Communication skills?



How as a leader
can you influence
others?

The key to successful leadership today is influence, not authority.

Kenneth Blanchard

Reflective questions:

- Share a time when someone said something positive and encouraging that helped you achieve a goal. How did they motivate you?
- Have you continued to notice other people's motivators? If so how?
- Write down your answers in your reflection diary.

% wise, who is responsible for their communication?



%



%

% wise, who is responsible for their communication?



100% is your responsibility when
speaking



%

N.B. The meaning of communication is in
the response that you get

Empowerment

Which side are you on?

Cause
Results

Effect
Reasons

Reflect!

How do you communicate an idea to others as a leader?

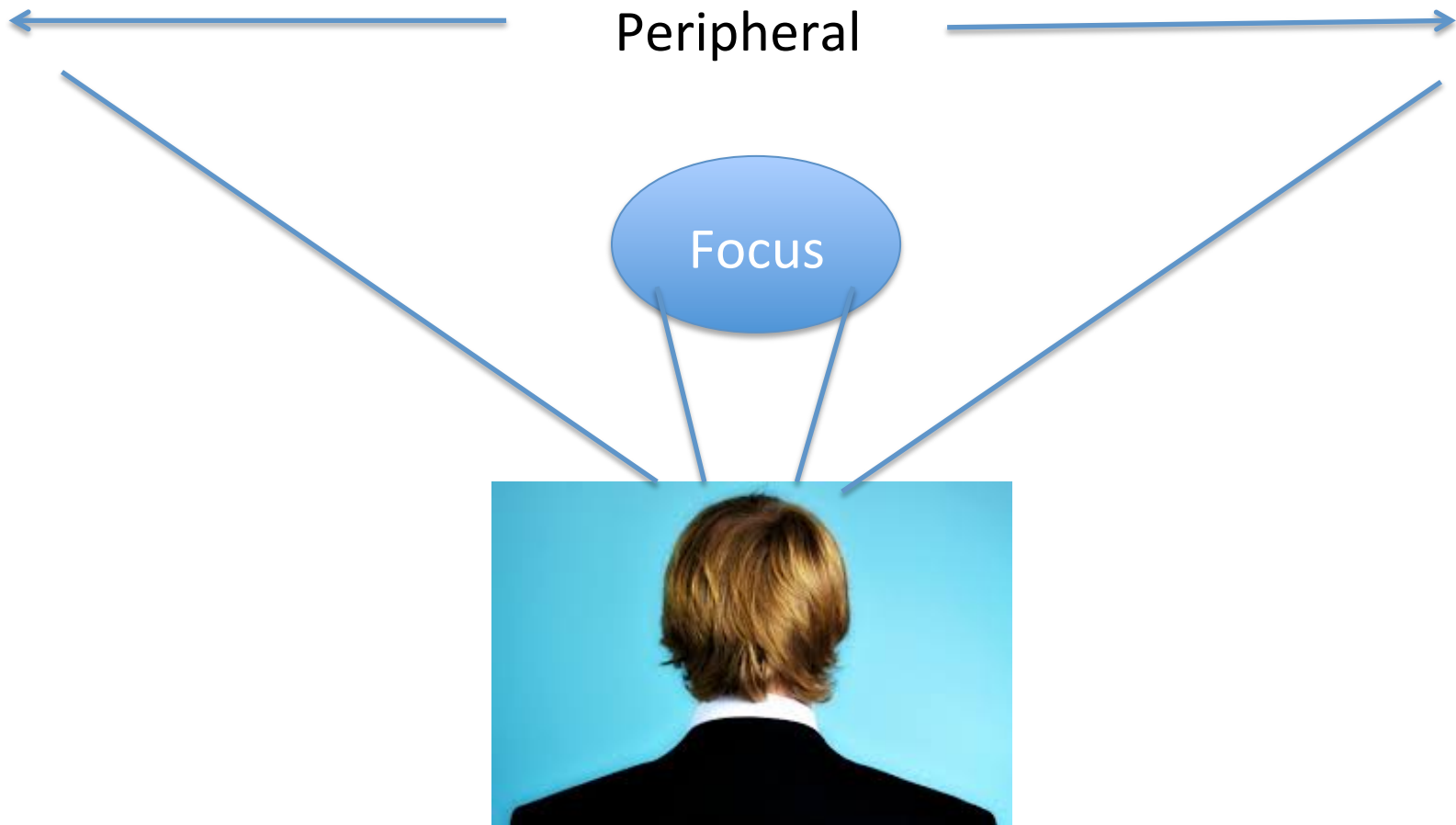
How effective is your communication?

How do you know if your message is being heard by the other?

What can you do to improve your communication skills?

Discuss in groups of 3 – work with someone who is not in your peer group

The Mindful State is also known as the Learning State



Chain of Excellence

1. Respiration
2. Physiology
3. State
4. Behaviour

Principles for Success

- Know Your Outcome
- Have Sensory Acuity
- Have Communication Flexibility
- Take Action

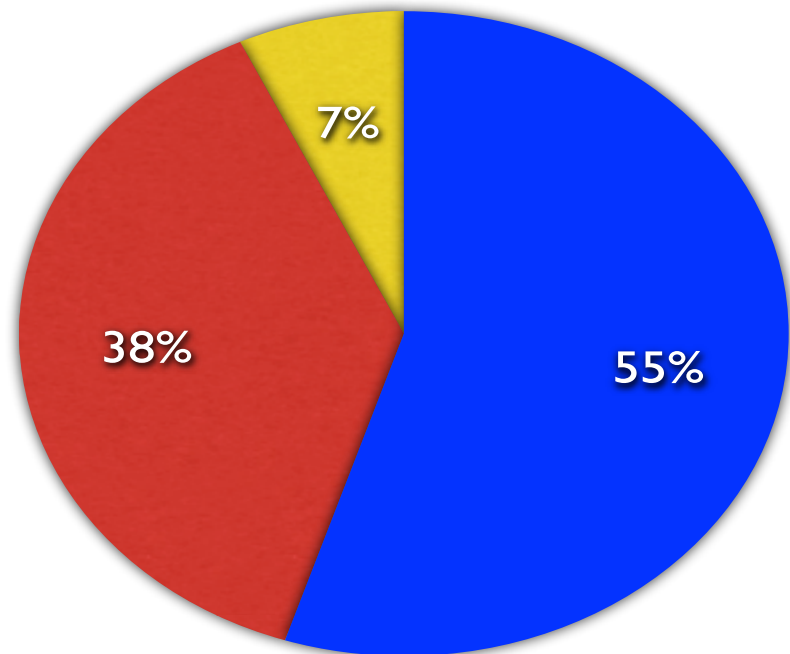
Advanced Communication

Professor Ray Birdwhistell – 1970's

55 % Non Verbal

38% Tonality

7% Words



Sensory Acuity

- Observe the visual –
Micro facial expressions, body posture, movement
- Observe the auditory – What do you hear?
speed, pauses, loudness or softness of voice

Exercise – page 4

Exercise

[Advanced communication skills](#)

Reflective questions:

- Over the next 4 weeks begin to notice other people's body language and tonality when in communication with them.
- To continue to notice other people's motivators – make a note in your own reflection diary