



The ART of Conversation

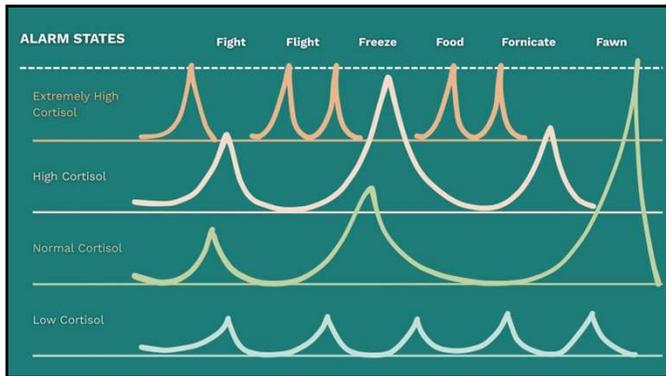
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Joint Goals are always better

Can we come up with a Goal together?

- Stay on the same team
- Get rid of your agenda
- Identify shared obstacles
- Try using GPS to organize your conversation... Goal...Problem... Solution

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Ways of Listening



Words Tone Body Language

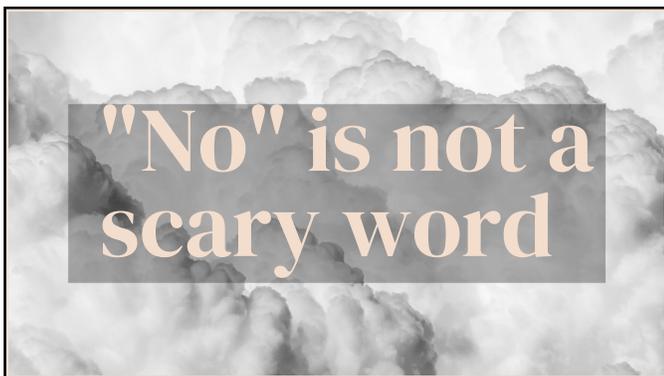
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Empathy

- Put yourself in your child's shoes.
- How important is this issue to them?
- Why is it important to them?
- What are the emotional obstacles going to be?
- What are the practical obstacles going to be?
- Think through what your child will say, and their reasoning behind it.
- USE silence to your advantage.



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"No" is not a scary word

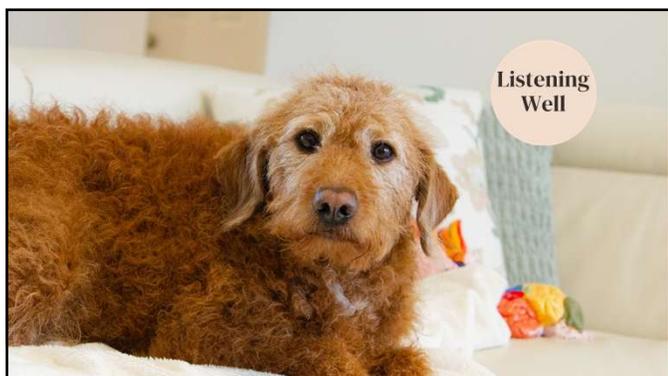
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Mistakes that Turn Conversations into An Argument

1. Too Many Words or details
2. Getting Off Topic
3. Bringing up the Past
4. Getting Emotional
5. Lack of Empathy for your child



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Analyze your intent honestly



- Needing to Win will cause everyone to lose.
- What is your objective for this conversation?
- Do you communicate with them about fun things as well or just hard things?
- Do Not expect immediate pay off. Be patient.

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timing

- Avoid talking when
- It's late
- Anyone is hungry
- In the middle of a stressful event
- when you are in a hurry



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Words that trigger Emotions verses Reason



WHY



WHAT



HOW

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<p>Judgment</p>  <ul style="list-style-type: none"> • You're Doing this Wrong. • You should be better at this. • This is your fault. • Why are they still acting like this? • If you were a good parent, this wouldn't happen. • They are being manipulative right now. • Something is wrong with them 	<p>verses</p>	<p>Curiosity</p>  <ul style="list-style-type: none"> • What is making this so hard right now? • Am I needing support or rest? • What part of this is truly mine to carry? • What might be going on under the surface for my child? • What expectations am I holding right now? • What unmet need might be driving this behavior? • What's hurting inside them right now?
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Reasons to Normalize These Conversations Even If you know you won't come to a full agreement

1. Helps to externalize conflicting views	1. Models Humility
2. Model appropriate disagreements	2. Encourages growth for both the parent and child
3. Invites curiosity	3. Shows confidence
4. Improves trust	
