

# Communicating with confidence

## 5 Tips to strengthen your internal processing

### 1. Take care of yourself

- Communicating well is about ensuring you are well. Stress, anxiety and tiredness all lead to the brain becoming overwhelmed. Whether you are delivering a message or receiving a message, your overall well-being is going to impact how your brain responds to the situation.
- My client from above discovered that one of the biggest factors impacting his ability to communicate was how tired or stressed he was. He knew the techniques; he just needed to be alert enough to remember to use them.

### 2. Be clear about what you want to say

- One sure way to lead the brain into a threat response is to have an internal conflict going on as you're trying to speak. Work out what you want to say so that you can deliver it in a way that works for you and for your listener.
- Everything from focused pre-planning to a 3 second deep breath before you respond to questions can help.

### 3. Be Authentic

- Delivering a message that you don't believe in is like trying to eat food you don't like. You may be able to smile on the outside for a short while, but it won't sit well on the inside and eventually everyone will know. Make sure you believe in your message before you share it with others.

### 4. Consider others

- Communication is a two way process. You as the communicator need to put the other person at ease so that they can fully absorb your message. Consider what their needs, thoughts and feelings are and what you need to do to calm their internal processing.
- Before you next spend your time or money on communications training consider what's really needed. Is it about external behaviours, or is it about the internal processing that impacts the external behaviours?

Contact me to talk about enhancing your ability to communicate effectively on a consistent basis by strengthening your internal processing. [carole@carolelewis.hk](mailto:carole@carolelewis.hk)