

## MINDFUL COMMUNICATION



Now, in the present generation communication skills play a vital role in their lives.

Teach your children how to communicate mindfully by demonstrating the following skills.

Listen and speak mindfully.



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1. Listen attentively by looking at the person. Make adequate eye contact. Avoid interruptions. Give feedback that you have understood the message.
2. Speak what is true. Stick to the facts. Only communicate what is true and factual. The world is tossed and turned with information that is not true. The same applies to interpersonal relationships. Speak the truth to build and maintain trust.
3. Speak what is necessary. A lot of people engage in mindless talks about topics that have no value nor are helpful. If you catch yourself doing that, stop and walk away. Speak to the point and reduce topics that are a waste of time. By doing so you'll be setting a standard for your children to follow.

Enjoy communicating mindfully.

**MAKE YOUR DAY JOYFUL.**



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