Respect. 5 Grav KEFTY d' 5gr

No Gaves 3 ~~Ann~~

"Knowledge Share" 4.5

Giving 5

Say it once 5

5 why

EQ

Frustrated Gurt

1. State

Trigger

2.

3. Perfect

3

4.* Recognition

A B C

→ Justin

EC

BC

SC

Short a Sharp

.3

Learnings

> Talk to people

- Comms - BL - 55%
- Listen to understand
- "Let it go!" *Say it once
- No Raves - Be amazed
- "Respect"
- Styles (Assertive)

Actions

'Acceptance'

- Rejected
- Praised
- Listen

- Listen more
- Better comms, aware & clear
- Less reactive
- Tell me more

5 'why'

- Understand others
  - Care
  - Value
  - Support

Y Y → 1. Purpose

Y Y 2. Prep

Y N 3. Pass 3 BP

Y ~ → B

Y N ~

N Y

- Happens fast
- Consequences
- What if?
- Bigs

ABC