

How to be More Successful when Communicating with the Adults in Your Life

Structure

- Who are you communicating with?
 - Parent or Family member
 - Teacher, Coach, Counselor
 - Boss, College Rep
- What's the purpose?
- What's the best way for you, what's the best way for them?
- Drain the drama
- NOG
 - What does non-negotiable mean, what does it mean to you and what does it mean to them?
 - What can you offer to show you're willing?
 - Where does it go from here?
 - That's it. Say thank you.
 - You'll be back in a few months. Put it in your calendar. Say thank you
 - Regular communication. Always say hello.

How to Introduce Yourself

How to Ask a Relevant Question



How to be More Successful when Communicating with the Adults in Your Life Worksheet:

- Who are you communicating with?
 - Parent or Family member
 - Teacher, Coach, Counselor
 - Boss, College Rep

- What's the purpose?

- What's the best way for you, what's the best way for them?
You:

Them:

- How're you going to drain any drama?

- NOG
 - What's non-negotiable for you?

 - What's non-negotiable for them?
 - What can you offer to show you're willing?



- Where does it go from here?
 - That's it. Say thank you.
 - You'll be back in a few months. Put it in your calendar. Say thank you
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Why should you introduce yourself?

What are the 3 steps to introducing yourself?

Why do you ask questions?

What gets in the way?

What are the steps to asking a relevant question?