

NOTES ON MINDFUL SPEAKING

General guidelines

- No blame
- Talking from own experience, not assuming
- Non-provisionality (universalities... you always, she never) don't use
- Check intent
- True/helpful
- Embodied... pause to reconnect

Comprehensive group mindfulness widen the lens

Each one is a leader taking responsibility for supporting the group;
 What's the group's need as well as our own; – speaking what's truthful and useful; compassionate listening to both your own needs and group's; lean expression, ecology of time.

Way of council

- Speaking from the heart
- Listening from the heart
- Being of “lean expression”
- Spontaneity
- Confidentiality:

Insight dialogue

Pause-relax-open

NVC

Compassionate Listening – How you hear

- Observation
- Thoughts and Feelings
- Unmet needs
- Request

FEEDBACK

- Create safe space
- Only give feedback when asked
- Speak what is true- both of goodness and what needs improving

5 RULES for giving feedback

- Ask permission
- Suitable time place
- Speak with lovingkindness
- Stick to the facts, not ~~heresay~~ hearsay
- Make sure you're free of same fault