

LeaderTIPS:

Tools, Ideas, and Possibilities for Success

MARCH 2008

ISSUE FIVE:

COMMUNICATION



"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

~ Anthony Robins

Why Communicate?

Although a very simple question, it is very important because many people never ask it despite communication's essential role in our everyday lives. Put simply, communication is the way we let others know what we are thinking and want. What is often not emphasized enough is that it is also the way we understand what other people want or are thinking. In fact, this is the most important role of communicating with others. The next question after why communicate, is why is it so important to be more aware of it? Because everyone has different styles of communication, it can become difficult and often frustrating at times. If you remind yourself of this however, it makes communication that much easier. Developing your communication skills is worthwhile and will benefit you in many areas of your life.

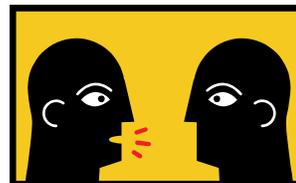
Listen, then Respond

Now that we know what communication is all about, how do we practice it? This is one of the biggest challenges to communicating effectively and hundreds of books have been written on it. Throughout all of them there is a common vein that stresses the importance of listening. This is because listening is at the very core of good communication. Remember from the last article how we found that communication is as much about the other person's ideas as your own, if not more so? By listening to others and actively engaging with what they are trying to communicate, it makes it much easier to have a productive dialogue. In addition, listening to the other person helps you realize how you can best communicate your own ideas to them. Keep in mind that real listening isn't just nodding your head, but focusing all your attention on what the other person is saying.

Leadership Residential Learning Community

Located in Campion Hall, this community is an excellent place to live for those wishing to continue their leadership exploration and assist in the leadership development of other students and themselves.

Applications are due **March 20th** and are available in the Housing and Residence Life Office in **Campion 100**.



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SPECIAL POINTS OF INTEREST:

- *Want to eat lunch with a leader? Then sign up for the Lunches with Leader series. For more information on this unique opportunity visit: www.seattleu.edu/leadership. Or to sign up via email contact oxenhand@seattleu.edu.*
- *Let us help you! Order a Leadership Take-Out and one of our well-trained staff members will facilitate a workshop catered specifically to your group. Contact pegram-f@seattleu.edu for all of the details.*
- *Bravo! Leadership Development applauds you. We want to hear about someone you know who exemplifies what it means to be a leader. Go nominate them today at www.seattleu.edu/leadership*

Communicating through Conflict: The Road to Understanding

With these lessons in mind, here are a few tips to keep handy for whenever you are in a situation where communication is becoming difficult and conflict begins to occur:

1. Listen: Though it may seem repetitive, this really is one of the most essential tools for communication.

2. Repeat Important Points: Not in a redundant way, but either go over them in your head, or take a second to stop and reiterate for clarity, "So what you are saying is..." This will keep the conversation focused and coherent.

3. Keep it Simple: Complex ideas are often difficult to communicate all at once, and you may be running into trouble because of it. Try to break

your idea down into smaller, clearer parts that you can easily convey to work up to your big idea.

4. Take Your Time: Although some decisions must be made immediately, most are not so pressing. If your discussion is stalling, try taking some time away to reconsider the issue at hand. Even just a few minutes can help center everyone on what is important.

SU SPOTLIGHT:

Justice Spotlight Follow-Up



Thursday, March 6
Student Center 130
6 - 8:00 PM