

# Use the **Three C's** of **Communication** to **Navigate** **Tough Conversations**



*Confident*

Communicate **confidently**, believe in your ability to handle the situation and stay composed.



*Clear*

Communicate **clearly**. Paraphrase and repeat back what the other person said.



*Controlled*

**Control** your responses and adjust your communication style based on the situation or the person.

*By using the **three C's of Communication**, you can become a more skilled and effective communicator while building trust and connection within your relationships.*



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