

A TIME TO TALK™

5 thoughtful steps
to start crucial
conversations

1

REFLECT

to understand your communication habits...
and how your past experiences have shaped them.

2

IDENTIFY

the most important life issues you're facing... that need
to be addressed, but have been postponed or avoided.

3

PREPARE

with the support of trusted resources
that educate and empower you...to more
easily open lines of communication.

4

ACT

on your plan to take purposeful,
confident action...to build control
into life's uncontrollable situations.

5

EASE

your mind, finding comfort
in having faced these issues...
reflecting alignment with what
matters most to you.