



Personal Wellbeing and Self-Care VMware - Summer 2021

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Course Review and Homework

Outline Session 9:

We are moving from Triggers to Expressing ourselves.

Part 5 is about: learning to express our experiences mindfully

In Week 9 and 10: we will move beyond the focus of ourselves and sharing what comes up for us. And this can be hard. Doing it mindfully is what might make it successful. So today we start with dissecting some elements of mindful communication.

OPEN DISCUSSION

Please Drop in the chat:

*When you think of mindful communication: what comes up?
Just popcorn style.*

Background information to Mindful communication, non-violent communication and compassionate communication.
All subjects we will be touching in the next two weeks.



What I learned back then is that in communication we have:

1. The Speaker (what do I do and say?)
2. The Listener (what does the other do or say?) and in between we have:
3. the Message (What is the reason for our communication/our words)

Now all three are equally important.

Much of what was taught back then was about the cognitive process. But also, that communication is only a small part of getting your message across.

Professor Albert Mehrabian's Communication Theory on communicating Feelings and Attitudes and the role of Verbal and Non-Verbal communication and Body Language.

His research findings showed:

- 7% of message pertaining to feelings and attitudes is in the **words** that are spoken.
- 38% of message pertaining to feelings and attitudes is **paralinguistic** (the way that the words are said). **TONE**
- 55% of message pertaining to feelings and attitudes is in facial expression. (non verbal communication)

So, let's say we take a moment of interaction in mind:

1. the Greeting
we greet one another. Just taking time to do that. Similar to the way we do in this class. Simply arrive together, open our screens, see how we are all doing, what's the mood, is this



the right time for a teaching, can we drop all else and focus in this present moment.

2. Once we get started: what's my **body** language doing/saying? And my **tone**? And what is my choice of **words**?
3. What is the **reason** for our interaction: to what end are we talking. What is my intention. Do I want to understand or be understood?
4. What am I seeing in the **other** person? What is their body language and tone? What is their intention for our interaction

So to get the message across effectively, we need to LISTEN. Really listen to ourselves and to others. And we need to SPEAK KINDLY.

Active LISTENING is most important skill.

Are we listening with intent to be right? But with the purpose of reaching agreement?

Or are we listening with intent to understand?

Are we listening with intent to hear/support/relieve suffering?

Predatory listening is an actual existing phrase: are we waiting for the moment to pounce, to give our opinion, to make our point or are we really listening?

When we really listen, we can be compassionate and when we are compassionate, we don't get caught up in judgement.

("remember the mental talk: what am I telling myself about what is going on)



Do you have examples of non-verbal comms that didn't support the words? And vice versa.

Speaking - choosing our words

Language matters.

What would it be like to make a commitment to our communication to have it become an integral part of our intentions for this course?

Mindfulness:

Mindfulness requires bringing your full attention to what is happening IN the moment. In the present. IN and around you. Mindfulness requires returning to your breath and checking in with yourself

Mindfulness is about letting go of judgment.

Jon Kabat Zin's definition "the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally".

Christina Feldman's definition is quite complete 'Mindfulness is the willingness and capacity to be equally present with all events and experience with discernment, curiosity, and kindness. '

Full awareness of the present moment using our breath, our feet and connecting physically.

Stopping all distractions. Turn off our phone, email and focus.



So we listen from a place of **centering**. And we are back to ourselves:

In line with everything we have been doing in this course.

First let's do a centering meditation

Exercise

In dyads work with the following exercise.

Communicating Mindfully

HOMEWORK

For consistent habitual practice: we keep returning to the subject.

1. Continue your practice
2. Check out the week 9 exercises in the course environment
3. Read and listen about Mindful Communication

Books tips:

Say what you Mean by Oren Jay Sofer

Non-Violent Communication by Marshall- Rosenberg