



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Exercise working communication

In dyads work with the following exercise.

Please take a moment to greet each other and decide on who is going to share first:

1. Settle the mind/relax into the moment of the here and now
2. Silently acknowledge each other's presence

Each take 6-8 minutes to speak: I will broadcast when its time.

Mindful Communication:

1. **Ask each other about** the interaction/moment your recalled in the meditation as an example of mindful communication:

Please share what happened. What did the other person say or do or not do and how did it effect you? What was your response and how did it potentially change your way of communicating?

What did you notice? What stood out about the experience?

1. **Ask each other about** the interaction/moment your recalled in the meditation which was **NOT** an example of mindful communication:



Please share what happened. What did the other person say or do or not do and how did it effect you? What was your response and how did it potentially change your way of communicating?

What did you notice? What stood out about the experience?

Debrief together: take a moment to reflect together on how the experience of this exercise was for you