NTRS 3150

Journal Prompt #2

In your interactions this week, practice your four core coaching skills.

When talking with your friends, ask more *open-ended questions.*

When responding to your family, provide *affirmations.*

Reflect with your colleagues using, "it sounds like you are…"

Summarize a conversation, if appropriate. (This one might seem weird; don't force it.)

And remember to listen, listen, and listen some more.

Reflect upon your experiences. Were these skills easy or difficult to incorporate into your conversations? Did you notice any changes in your conversations from using them? Describe.