



# COMMUNICATION SKILLS AND RESILIENCE

**Communication skills** allow you to understand and be understood by others. These can include but are not limited to effectively communicating ideas to others, actively listening in conversations, giving and receiving critical feedback, and public speaking. Communication skills help in providing an inner connection with our feelings, and how those feelings reflect on our needs, gives us access to inner guidance, which informs our abilities to connect with others.

**Effective and compassionate communication directly contributes to resiliency by facilitating our connections, not only with one another but with ourselves!**

**Good communication is essential to emotional resilience because it breeds positive emotions instead of negative ones.** Knowing more about how to communicate clearly and with sensitivity can help you to avoid problems before they start.

Such access to the language of feelings and needs empowers us to develop and practice compassion; first for ourselves, then for others. Compassion can lead to a genuine connection at a deeper level. Did you know that negative feelings often indicate we need something we do not have, and positive feelings reflect that our needs are being well met?

