

LEADERSHIP COMMUNICATION REQUIRES ENERGY RECOGNIZE - REGULATE

1. Stress level? (**Breath**)
2. Constricted or expanded? (**Posture**)
3. Mindful or is your Mind FULL? (**Focus**)
4. Controlling the uncontrollable? (**Silver Rule**)



*THE DISCOMFORT OF COMMUNICATING IS TEMPORARY.
THE REWARDS ARE GREAT.*



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