

The art of conscious conversations pdf

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Información del libro. Detalles del libro. Our conversations, at home, at work, or in public, can be a source of pleasure (success), or they can cause us pain (failure). We live in conversations like fish live in water—we're in them all the time, so we don't think about them much. Details. Each one presents This is a practical guide for thoughtfully reflecting on conversations and avoiding the common pitfalls that cause our relationships and work to go sideways. Chuck Wisner. 'The art of conscious conversations' tries to detangle the confusing of daily conversations. We The Art of Conscious Conversations. Chuck Wisner Chuck Wisner identifies four universal types of conversations and offers specific advice to maximize the effectiveness of each: Storytelling —Investigate the stories we tell ourselves about ourselves and others. Citas. Through it, we explore the integration of the rational left hemisphere and the creative right hemisphere of our brains. Recognize the The Art Of Conscious Conversations is organized around four universal types of conversations: storytelling, collaborating, creating, and committing. Transforming How We Talk, Listen, and Interact. Creative —See new possibilities and discover “Chuck's models of communication and leadership helped me investigate my thinking patterns, unconscious judgments, and 'stories.' This journey has made me not only a better leader but a better person.” —Doug Field, Chief EV and Digital Systems Officer, Ford Motor Company “ The Art of Conscious Conversations is a thought-provoking and practical guide to unpacking conversations at The creative conversation opens our minds and hearts to new insights. Collaborative — Explore the way our stories and other people's stories interact. Chapterexplains how our brains, egos, awareness, Ditch the negative mental habits that derail conversations and destroy projects, and discover a framework for forging authentic, enduring, and productive connections. By starting with our storytelling selves, we can accumulate a wiser perspective for reconsidering all conversations. As a result, we can find ourselves stuck in cyclical patterns Just think about it. Índice. The practices include learning to listen to our intuitions, to generate new ideas, and to value synchronicity with others Description. 📖My favorite quote'We live in conversations like fish live in water Recognize the negative mental habits that derail conversations and destroy projects—and forge authentic, enduring, and productive connections.

 Difficulté Très facile

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