

“LET’S TALK ABOUT IT!”

Build Relationships · Engage Obstacles · Clarify Perceptions · Manage Conflict

About The Campaign

“Let’s Talk About It!” is a 31 day period from 11 Mar 19 to 11 Apr 19 that is meant to inspire increased conversation within daily life in order to reduce the interference of communication barriers. The **goal** is to make effective communication a normal part of life for everyone at Aviano AB, on and off base. Participate in the campaign by actively seeking to build relationships, engage communication obstacles, clarify perceptions, and manage conflict. And of course, tell people, “Let’s talk about it!”

Week 1: BUILD RELATIONSHIPS

Building relationships is the foundation to increasing communication effectiveness. Strong relationships, fostered through respect and dignity, are more resilient to obstacles. Overcoming obstacles within perceptions can only be done through deepening the understanding of the other person’s experiences and expectations. To build relationships, increase conversations geared toward obtaining a genuine, empathetic understanding and reciprocate with candid responses.

Objectives

- ❖ Gain respectful and dignified relationships
- ❖ Open up to deeper conversation
 - ❖ Learn about each other’s experiences
 - ❖ Develop more accurate expectations
- ❖ Promote relationships that engages obstacles
 - ❖ Decrease anxiety through candidness

Application Techniques

- ❖ Promote frequent breaks to small talk
- ❖ Play games. Make it fun! (situation appropriate)
 - ❖ Ice Breaker Games
 - ❖ “Twenty Questions”
 - ❖ “Never Have I Ever”
- ❖ Host social events such as potlucks or picnics



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