

“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 meant to inspire increased conversation within daily life 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 2: ENGAGE OBSTACLES

Communication can be obscured by many obstacles. It is a daunting task at times that may cause emotional response; anxiety from conflict, or fear of failure or rejection. But, without communication, there are only assumptions. Habitually treating communication as an opportunity, rather than an obstacle, inverts the negative mindset into a positive one, making it easier and fulfilling to have more conversations in the future.

Objectives

- ❖ Practice engagement habitually
- ❖ Seek out obstacles that prevent effective communication
 - ❖ Find solutions to minimize those barriers
 - ❖ Find motivation to have a positive mindset each communication transaction
- ❖ Accept communication failures as a learning tool

Application Techniques

- ❖ Before communicating, say “Let’s talk about it.” This will establish a mindset in both the Sender and Receiver that information is about to be passed and to be attentive.
- ❖ Prepare! Spend an adequate amount of time thinking about what you want to communicate and what controls are available to ensure the intended reaction. The more prepared you are, the less resistance there will be.



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