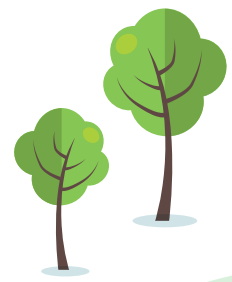


THE GOOD WALK-AND-TALK



1 Share and listen

2 Ask questions

3 Dialogue - Get smart about causes, dreams, and solutions

4 Conclusion



PREREQUISITES FOR A GOOD CONVERSATION

- Set the framework for the conversation – agree on time and route.
- The conversation should always be conducted with respect for each other. Maintain a good tone and avoid interrupting before the other person has finished speaking.
- The conversation revolves around one or a few central topics. If there are several topics, you should keep them separate during the conversation, so they don't get mixed up.

THE GOOD WALK-AND-TALK (HOW TO)

In any workplace, you need to communicate well with each other. It is necessary for collaboration, idea development and problem-solving.

A conversation takes place between two or more parties. To become really good at having a conversation, it's a good idea to keep things a little separate. A conversation consists of storytelling, listening and dialogue.

1 SHARE & LISTEN

The person who has something on their mind should have the opportunity to say something. So, make space for the perspectives and points of the person who is sharing. Let the speaker articulate their thoughts or the story they want to tell.

The conversation partner should listen, and that initially involves being silent. To concentrate on what the speaker is saying. The conversation partner should listen to both their immediate sensations and the more conscious interpretation. Listen in a way that you know what you want to ask afterwards.

2 ASK QUESTIONS

After the speaker has talked, the conversation partner can ask the speaker to elaborate on their points and explain themselves. Give space for explanations.

3 DIALOGUE – GET SMART ABOUT CAUSES, DREAMS, AND SOLUTIONS

Making space for sharing and listening is the prerequisite for genuine dialogue, where both parties are equal. It is in the dialogue that you should take the time to get smarter about each other.

Explore, for example, the reasons behind your conversation partner's viewpoints. What ideas can pave the way for new solutions? Along the way in the dialogue, it is also important to challenge yourself and the other person in the way you see the world.

4 CONCLUSION

A good conversation always has a goal. The conversation should not end until you have something that points forward: a planned action or a solution.

