

Weekly Wisdom



Grow the Green for You and Your Team



“Listen with curiosity. Speak with honesty. Act with integrity.”

-- Roy T. Bennett

How to be a Supercommunicator

“You don’t need a specific personality type - like being outgoing or chatty - to be an effective conversationalist,” says Charles Duhigg in his new book *Supercommunicators: How to Unlock the Secret Language of Connection*.

He says that the trick is to master four skills that anyone can learn. It’s worth the time and effort because they help us bond with others in a meaningful way, connect us to our communities, and help us lead happier and healthier lives.

Supercommunicators (1) Know what kind of conversation they are having: practical, emotional, or social. This allows them to respond accordingly. If a friend just needs to vent (emotional) don’t respond with practical advice.

They also (2) prove that they are listening. This involves repeating back what your partner just said and asking, “Did I get that right?”

They also (3) ask a lot of good questions and (4) aim to understand. Listen to understand a different point of view and share your own.