

From: Edith Yoder [mailto:EdithY@bridgeofhopeinc.org]

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10 Ways to Have a Better Conversation

February 2017



Dear Friends,

Can you relate to this sculpture located in Nevada? The image shows two adults after a disagreement. The inner child in both of them wants to connect. Their adult selves are estranged in relationship.



This month we celebrate Valentine's Day, but relationships and conversation can be challenging.

I connect with the [advice in this TEDTalk](#) by author and radio host, Celeste Headlee.

She outlines [10 Ways to Have a Better Conversation](#):

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The artist explains, "As night falls the children start to shine...a symbol of purity and sincerity that brings people together and gives a chance of making up when the dark time arrives."

- Don't multitask/Be present
- Don't pontificate - assume you have something to learn and that everyone is an expert about something
- Use open-ended questions
- Go with the flow of the conversation (vs. your agenda)
- If you don't know, say so
- Don't equate your experience with theirs (it is not the same)
- Try not to repeat yourself
- Stay out of the weeds/details
- MOST important: LISTEN*
- Be brief

*In explaining why we don't listen, Celeste notes that we'd rather talk and that we get distracted. People talk at 225 words/minute and we can listen at 500 words/minute – so we fill in. She encourages us to take Steven Covey's advice, and listen with the intent to understand instead of the intent to reply.

If we set ourselves aside, be interested in other people, and listen, Celeste suggests that we should be prepared to be amazed.

I am amazed as I listen to Bridge of Hope families and Neighboring Volunteers share about building relationships. And, I'm thankful for the *Reading Eagle* which recently listened to and shared the [story](#) of [Ja'Nae](#) and Lighthouse Bible Church.

[Contact me](#) if your church or agency is ready to connect a homeless family with trained Neighboring Volunteers – for mutual listening and tangible support.

And, I'd [love to hear](#) from you about which of Celeste's 10 pointers resonated with you.

Blessings,

Edith Yoder



Love by Alexandr Milov
photo by Wayne Stadler

What's New?

- Check out these 5 podcasts called "[Busted: America's Poverty Myths](#)" and Diane Sawyer's recent report on "[My Reality: A Hidden America](#)."
- Lent begins March 1. Check out these [resources](#) - including this [2017 #pictureLent Family Resource Booklet](#) and [instructions](#).



- Author [Jennifer Grant](#) will speak at our May 12, 2017 [Gala Luncheon](#) at Doubletree Resort in Lancaster (PA). [Sponsors invited](#).

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WWW.BRIDGEOFHOPEINC.ORG



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Bridge of Hope
311 National Road
Exton, PA 19341
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