

Communication Practice exercise



To practice communication and feedback loops, attempt to make contact with three different people and share some information before the next session. Attempt one face-to-face, one on a phone, and one without being able to say anything verbally. Be ready to talk about what happened with each one at the next session.

Face-to-face communication:

Who: _____

What: _____

How it was received: _____

Telephone communication:

Who: _____

What: _____

How it was received: _____

Non-verbal communication (for example, an e-mail or letter):

Who: _____

What: _____

How it was received: _____