

## Ki Communication Guidelines

There are communication guidelines that have been shown to foster the ki of cooperation:

- Stay balanced and centered within yourself
- Listen to acknowledge and learn
- Inquire to understand and connect
- Communicate slowly and breathe
- Speak to be understood
- Avoid speaking over someone or providing advice, unless requested
- Draw on the wisdom of the whole self, including body, mind, heart and soul, to respond authentically
- Take responsibility for one's own experience, contribution and safety
- Commit to confidentiality in your exchanges - what is said in the conversation is not shared with others
- Pay attention to the pacing of your exchange; allow time to pause and reflect
- Lean into the discomfort of vulnerability
- Ensure both partners have the requisite time to share, unless agreed upon otherwise
- Honor each other and the shared process
- Express gratitude for the exchange and opportunity to connect and learn together