



# Financial Communication Skills: Self Compassion is the Key to Effective Money Conversations

- I. What does Self Compassion mean to you?
- II. Which area is most challenging when it comes to Financial Conversations? (i.e business, love relationships, family)?
- III. Why do you think you bully yourself instead of having Self Compassion?
- IV. Do you find that bullying yourself is getting you the results you want?
- V. The Four Steps of Compassionate Communication:
  1. Observations – specific observations of what is happening
  2. Feelings – how this situation makes you feel
  3. Needs – when possible connect what you need to your underlying values Requests – what next step would support you that is feasible and doable
- VI. Step Five – putting it all together:

When I see/hear (observations) I feel (feelings/emotions/sensations) because I need/value (needs). Would I be willing to (requests)?

\*Based on Compassionate Communication also known as *Nonviolent Communication* or NVC developed by Marshall Rosenberg
- VII. Next Steps to support you:
  1. Visit [www.jobiesummer.com](http://www.jobiesummer.com)
  2. Download your free audio on The Power of Self Compassion
  3. Apply for a Courageous Communication Breakthrough Session