


QUALITY COMMUNICATOR ~S.O.A.K.~

Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen.
Choose what works for you. (Like a "Quality Communicator" Bath Bomb infused with personalized nutrients)

Image by <https://www.istockphoto.com/portfolio/avesun>

Quotes	Music	Statements affirmations	Books poetry stories	Art	Videos movies	Movement other ideas
"To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others." —Tony Robbins	"Bridge Over Troubled Water" Simon and Garfunkel	For coaches and teachers: I connect and empower. I attune to how others may be feeling as I listen and look for nonverbal cues. The encouraging words I use leave a legacy of light and love. I give the gift of my undivided attention and am fully present when I coach/teach. I recognize and correct thinking distortions that undermine my relationships and my well-being. I am learning to filter my thoughts and words to support myself and others. I can envision a time when I will allow only my best, most helpful thoughts to be spoken.	Deliberate Optimism: Reclaiming the Joy in Education D. Silver, J. Berckemeyer, & J. Baenen Healing Conversations: What to Say When You Don't Know What to Say Nance Guilmartin Fierce Conversations: Achieving Success in Work & in Life, One Conversation at a Time Susan Scott Emotional Intelligence: Why It Can Matter More Than IQ Daniel Goleman "Communication" Bruce King (story)	Two Women Putting the World to Rights (Sculpture) Dublin's Talking Statues Friends Under the Rain Leonid Afremov Two Friends and a Rooster Leonid Afremov Patrick Henry Speaking Peter Rothermel Book: Nonverbal Communication in Everyday Life, 4th ed. Martin Remland	How to Speak So That People Want to Listen (TED Talk) Julian Treasure How to Tame Your Wandering Mind (TEDx Talk) Amishi Jha Navy Ship vs. Lighthouse YouTube How miscommunication happens (and how to avoid it) (TED-Ed Feb. 22, 2016) Katherine Hampsten Monty Python Quest for the Holy Grails Poor Communication YouTube	Tree Pose 

Connection flows freely as I listen, learn, and love.

Retrieved from the companion website for *The Joy of Coaching: Characteristics of Effective Instructional Coaches* by Rebecca Frazier. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2021 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.