CONVERSATION TRAIL
REST STOPS
GET FOCUSED
GET CURIOUS
CHOOSE KINDNESS
CHOOSE COURAGE
GET TALKING
WHAT IF...?
GET GOING
WAY POINTS
A. What do I want?
B. What can I control?
C. What am I feeling?
D. What are they feeling?
E. What's going on here?
F. Did I miss something?
G. Friend or Foe?
H. Wearing & Carrying Clues
I. Kindness is the filter
J. Kindness for H.I.R.E.
K. Courage is the bridge
L. Courage Toolkit
M. Awkward or Awesome?
N. Share & Ask
O. Focus in & Open up
P. Elaborate & Emphasize
Q. Group Conversations
R. Digital Conversations
S. Social Media Conversations
T. Does it need to be said?
U. From "Hint" to "Hey stop!"
V. Review
W. Practice, practice, practice.
PATHWAYS
PROCEED WITH CAUTION

GET FOCUSED

GET CURIOUS

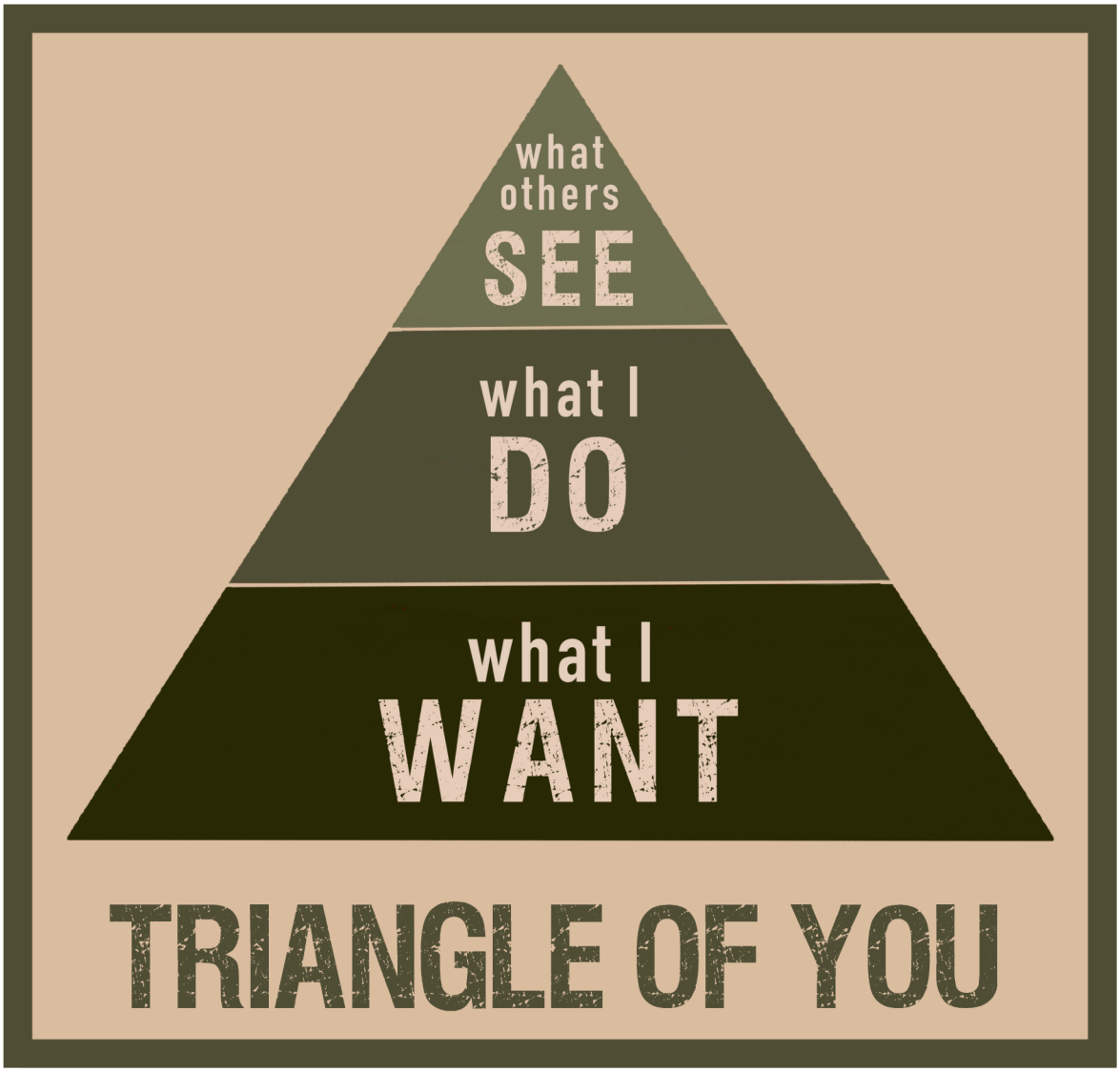
CHOOSE KINDNESS

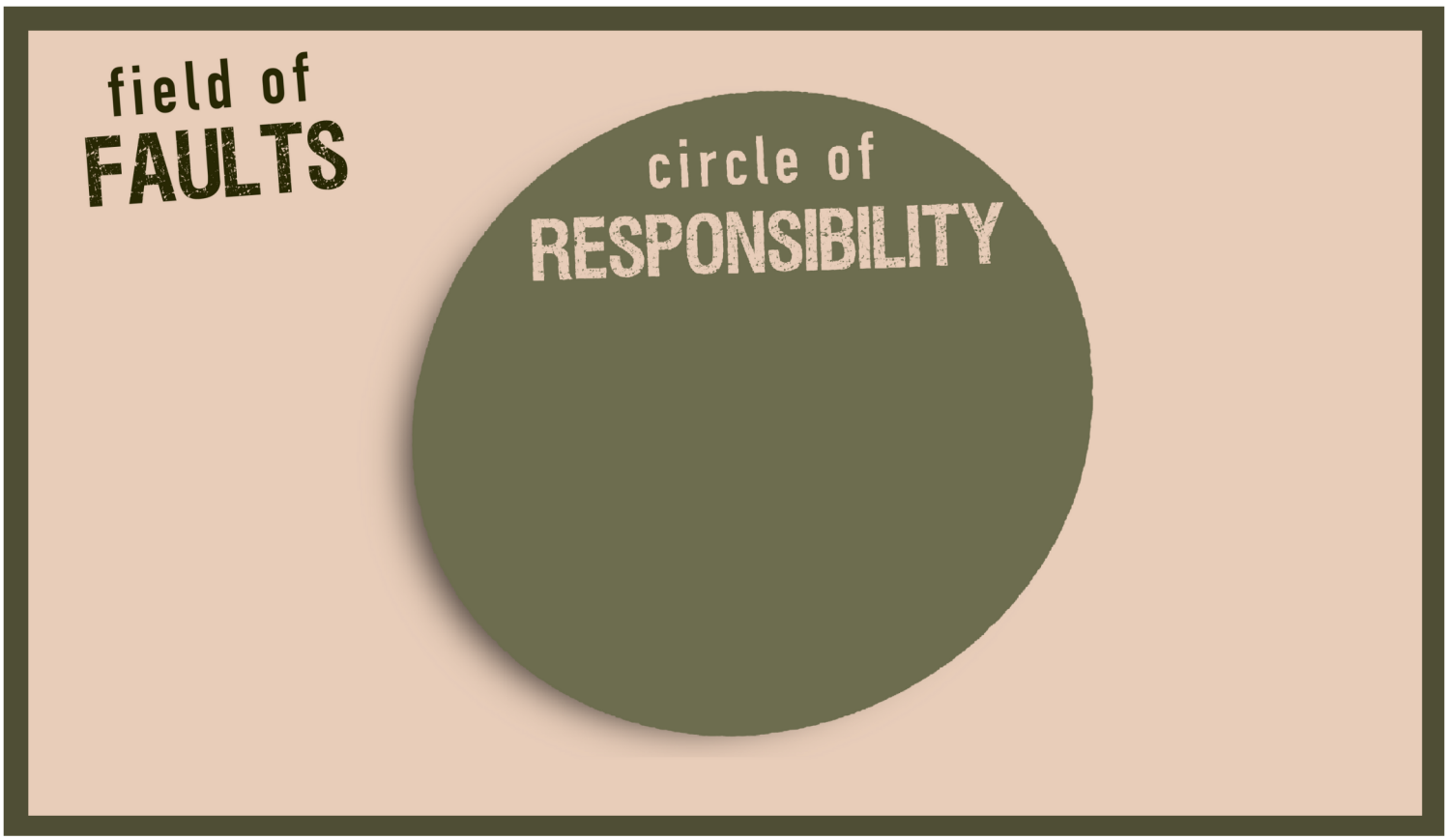
CHOOSE COURAGE

GET TALKING

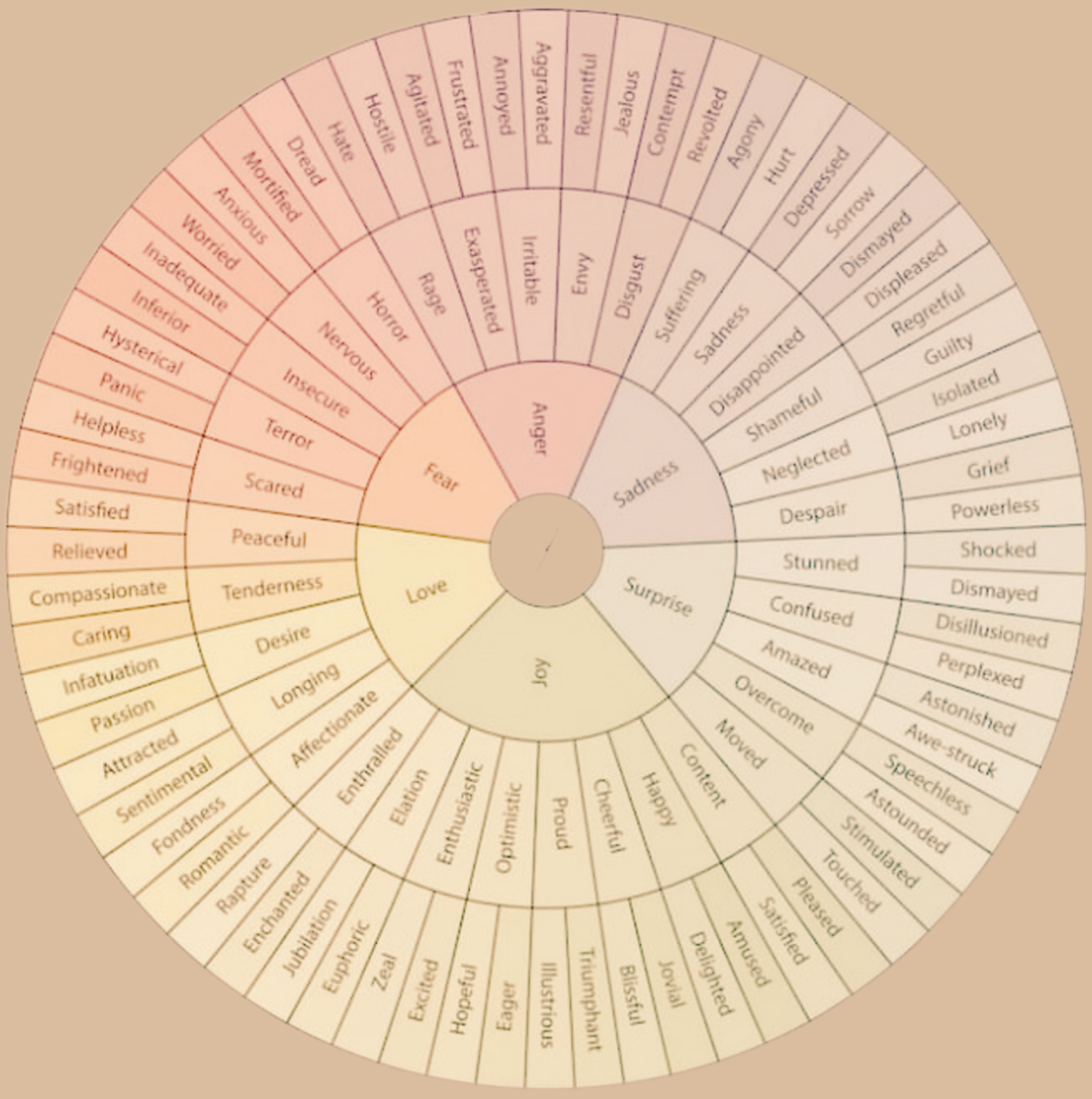
WHAT IF?

GET GOING

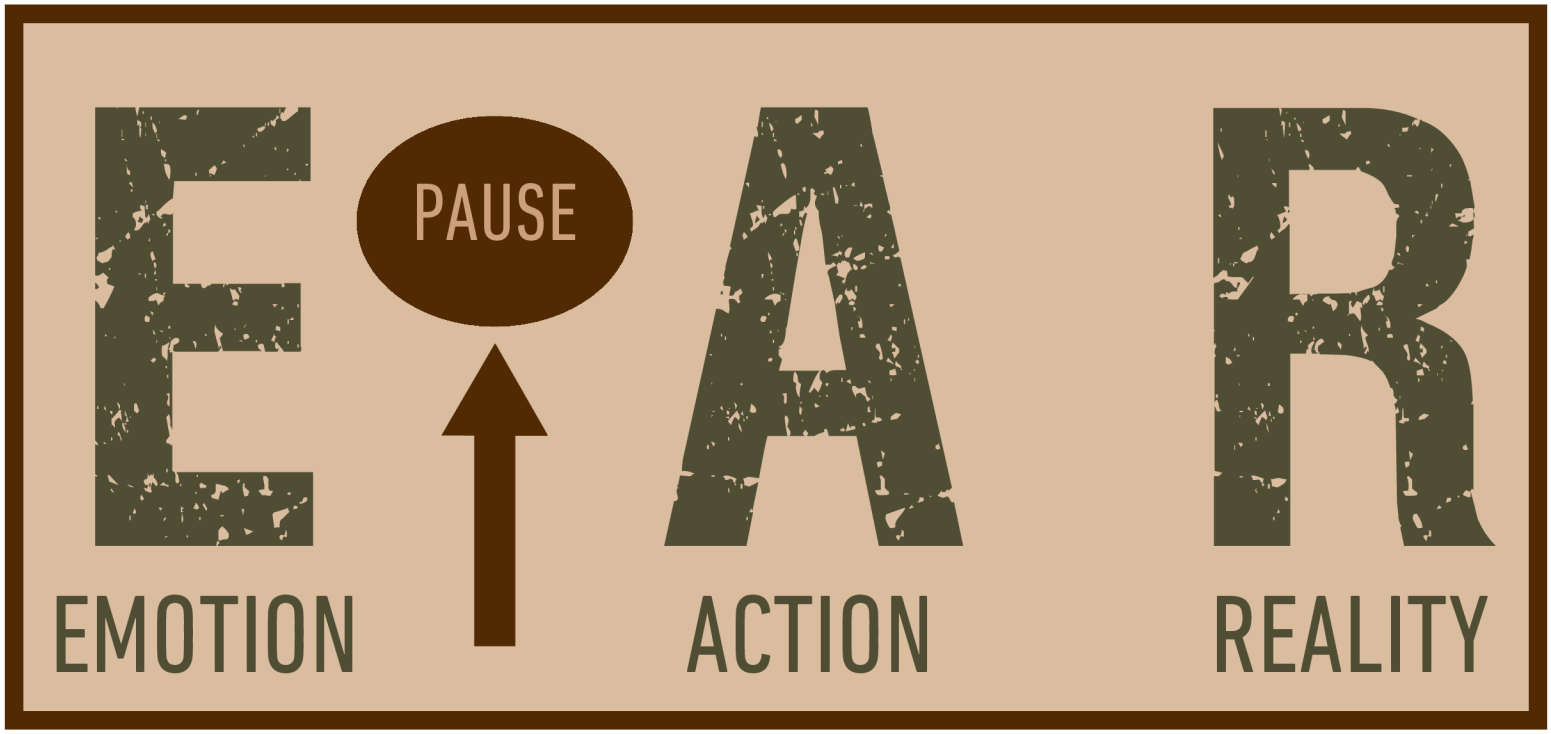

what others SEE
what I DO
what I WANT
TRIANGLE OF YOU


field of FAULTS
circle of RESPONSIBILITY

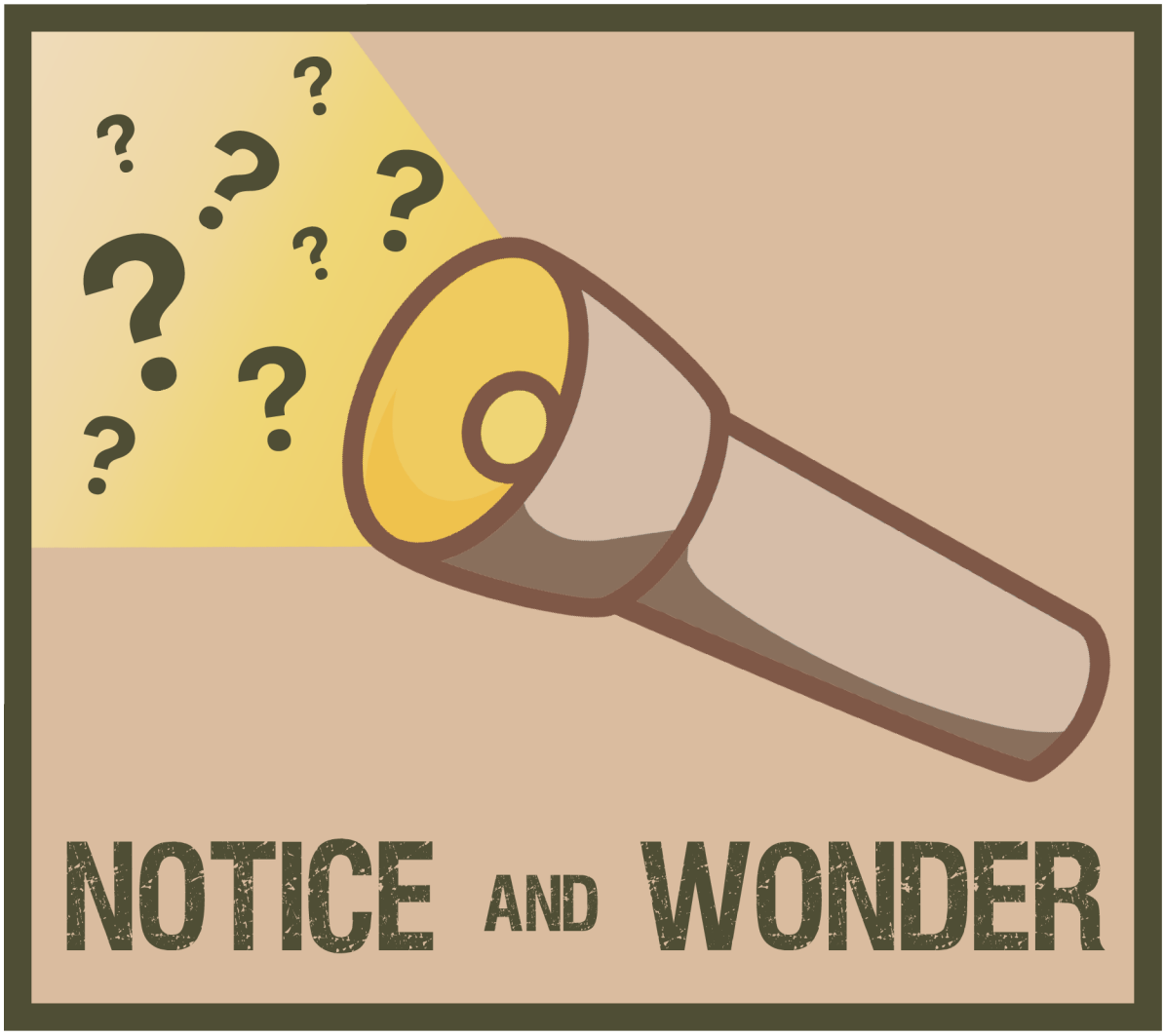
EMOTION WHEEL

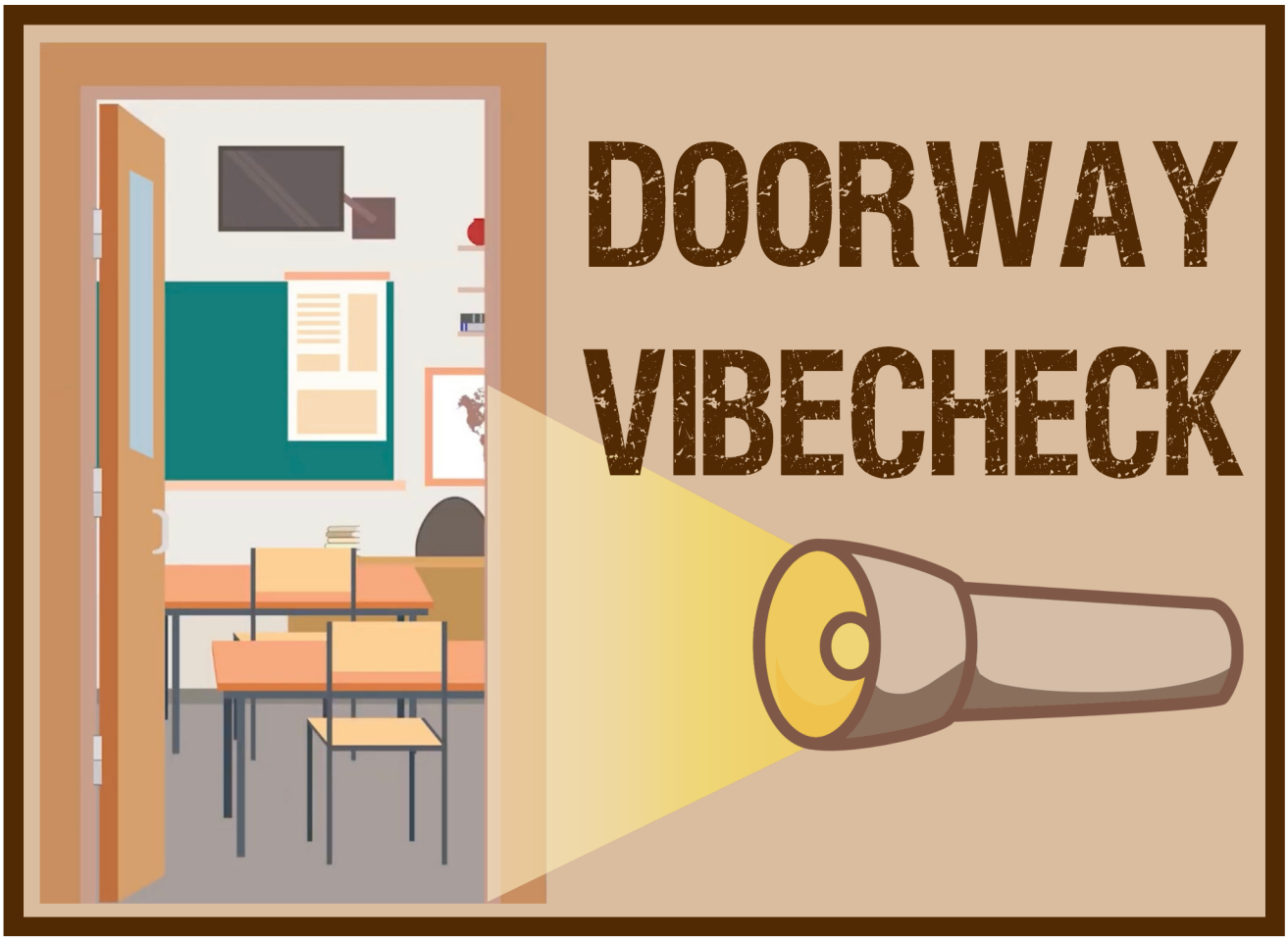


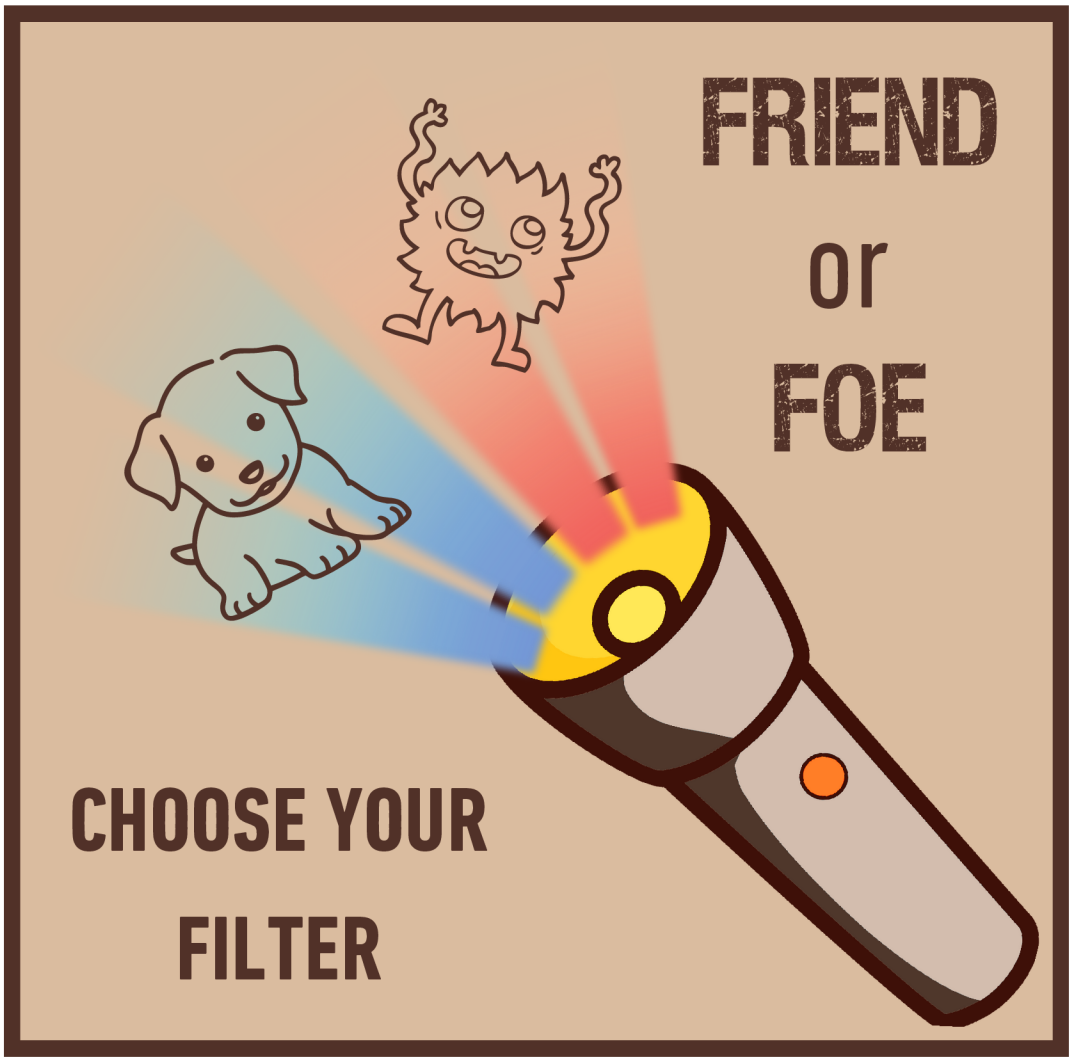
NOTICE AND NAME


E
PAUSE
A
R
EMOTION
ACTION
REALITY

ICEBERG PRINCIPLE


NOTICE AND WONDER


DOORWAY
VIBECHECK


FRIEND
or
FOE
CHOOSE YOUR
FILTER

WEARING & CARRYING
CLUES

CRUELTY

A FIST
THAT CRUSHES

KINDNESS

A HAND
THAT LIFTS

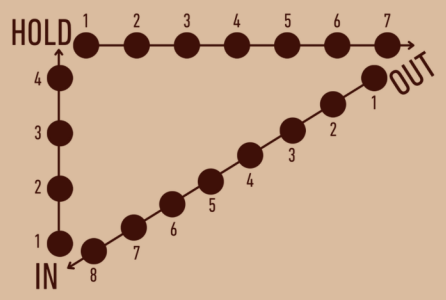
Helps

I nvites

Respects

Encourages

COURAGE TOOLBOX



BREATHE

POSITIVE SELF TALK

VISUALIZE

POWER POSE

COURAGE

IS TELLING FEAR NO

AWKWARD

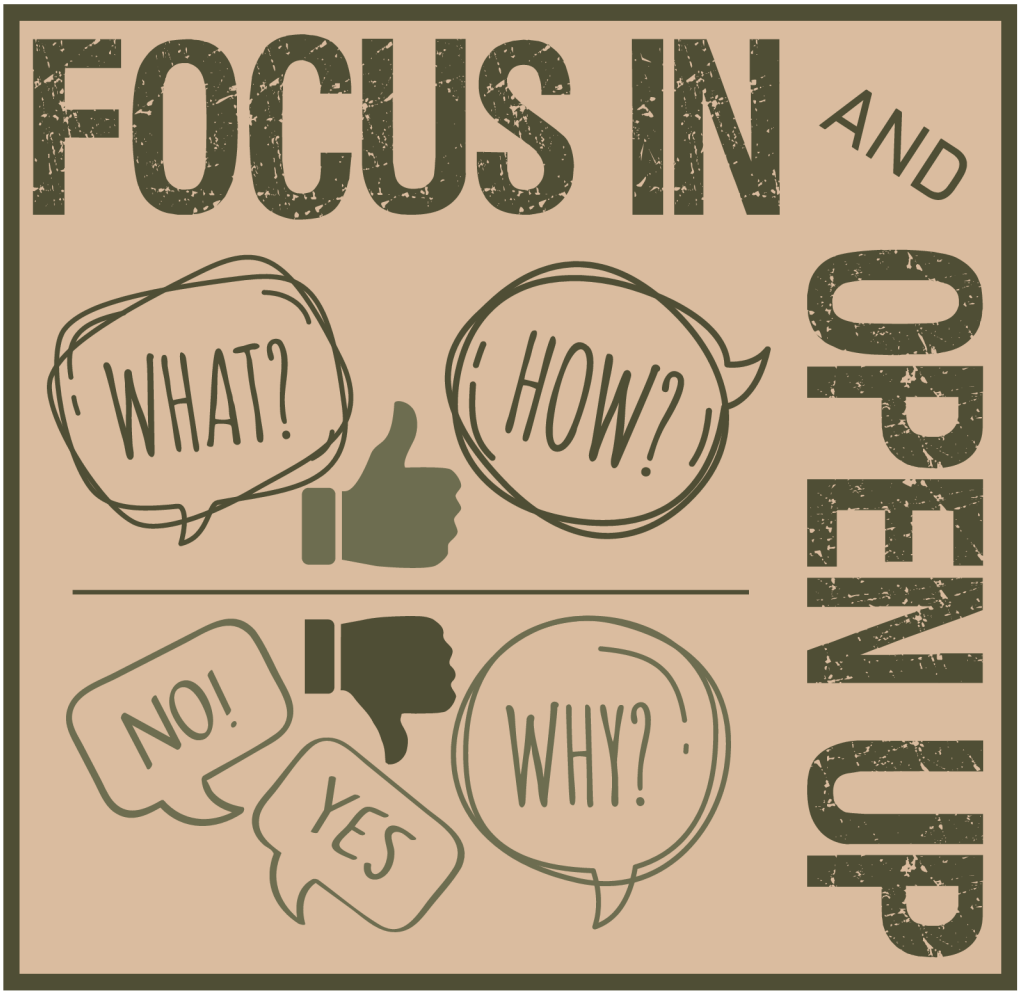
Only talk about yourself
Correct the other person
Be quick to judge

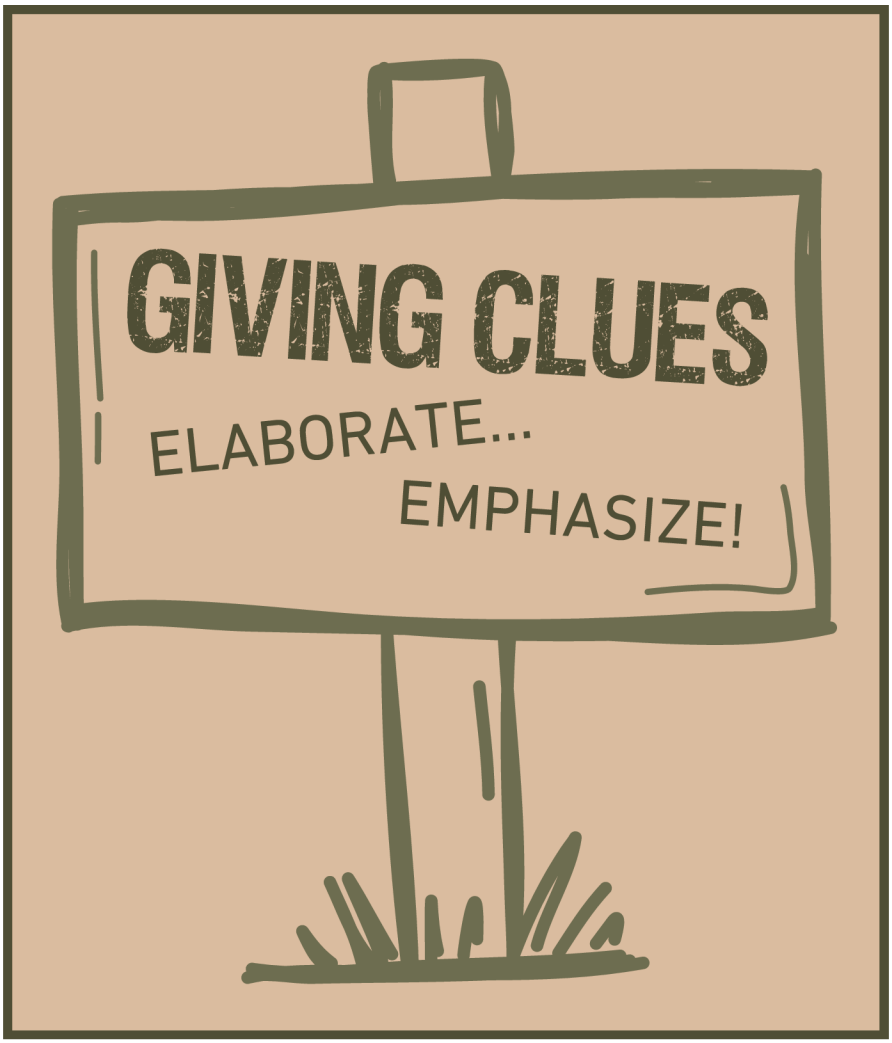
OR

Let both people talk
Celebrate others
Stay curious

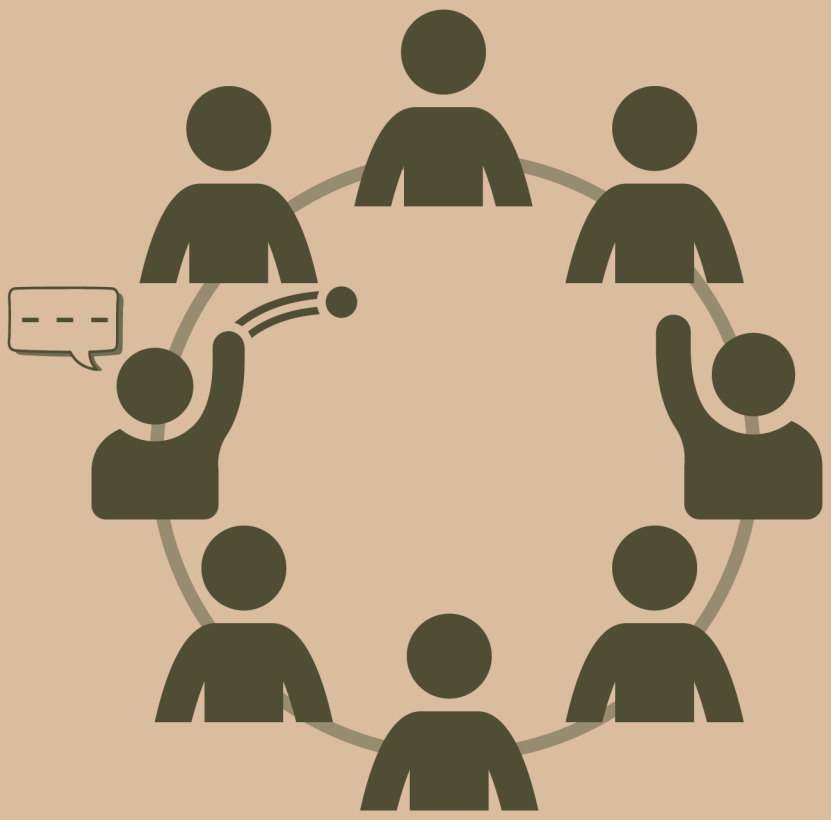
AWESOME

NOTICE • SHARE • ASK


FOCUS IN
AND
OPEN UP
WHAT?
HOW?
NO!
YES
WHY?


GIVING CLUES
ELABORATE...
EMPHASIZE!

GROUP CONVERSATIONS



CATCH. RESPOND. ASK. TOSS.

IN PERSON

CHOOSE YOUR MODE

PARTICIPATE AND ELIMINATE

INFLUENCED OR INFLUENCER?

DOES IT NEED TO BE SAID...?

AT ALL?

BY ME?

RIGHT NOW?

Hint --> Hey Stop!

Body Language

Verbal Hints

Directness

Blunt Directness

Boundaries