



December 2020



Make Every Moment Matter

# New Content Announcement



## Monthly Blog:

### 5 Ways to Reframe Expectations Around the Holidays: Preparing Your Family for the Holidays This Year

The pandemic has turned the schedules and routines of most families upside down this year, so it's normal to not want to break the news that the holidays may also be different. But rather than putting the conversation off or trying to sugarcoat reality, it may be helpful for your family to discuss what they can expect during Halloween, Thanksgiving, and December holidays.

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## Mindful Communication

### Description:

Mindful communication considers how the messages we send will be received by the listener. The most powerful messages create an emotional connection that can inspire curiosity, hopefulness, joy, enthusiasm, urgency... In this way, your communication speaks to the head and the heart.

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### Episodes:

- Crafting the Message
- Listening Mindfully
- Speaking with Intention
- Tuning into Non-Verbal Cues
- Enhancing Digital Communication