

The TALK Method for Clear & Kind Communication

Even small improvements in how we converse can have a significant impact on our relationships, careers, and overall well-being. **TALK** is a simple, science-backed framework for improving communication skills in personal and professional relationships. Just **TALK**;

T — Topics

Choose engaging topics and manage them throughout the conversation.

A — Asking

Ask more and better follow-up questions to show genuine interest and delve deeper into subjects.

L — Levity

Infuse positive energy, warmth, and appropriate humor to keep the conversation from becoming stale and to signal psychological safety.

K — Kindness

Prioritize the other person's needs, using respectful language, listening actively, and staying receptive to different viewpoints.

When to Use TALK

- In easy conversations
 - In tough conversations
 - Coaching and supervision
 - Everyday workplace interactions
 - Conflict prevention
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Adapted from “**Talk: The Science of Conversation and the Art of Being Ourselves**” by Alison Wood Brooks.