"AM I HEDGING?"

EITHER MAKE A
COMMITMENT OR NOT —
THERE IS NO MIDDLE
GROUND TO CLEAR
COMMITMENT. IF YOU ARE
NOT READY TO COMMIT,
WHAT COULD YOU SAY TO
MAKE THAT CLEAR?

"AM I 'MAKING IT OKAY'?"

CONFRONT SOMEONE WHEN THEY FAIL IN A COMMITMENT. HOW CAN YOU EMPATHICALLY LISTEN AND KINDLY BUT FIRMLY NEGOTIATE A NEW AGREEMENT?

"AM I HIDING?"

PUSH YOURSELF AND OTHERS
TO IDENTIFY THE SPECIFIC
DETAILS OF THE COMMITMENT.
IN PRACTICE, WHAT COULD
YOU SAY TO CLARIFY THE
EXPECTATIONS?



"AM I SUPPORTING LEARNING?"

REFOCUS ON THE REAL
PURPOSE OF ACCOUNTABILITY:
GROWING. HOW WILL YOU
CHOOSE TO BE CLEAR AND
ACCOUNTABLE AS WELL AS
FLEXIBLE AND CARING?

THE 4 CHECKPOINTS OF ACCOUNTABLE COMMUNICATION

SIX SECONDS EMOTIONAL INTELLIGENCE NETWORK

