

Navigating Difficult Conversations

Deliver Your Message with Poise, Empathy, and Resolve

What Makes Conversations Difficult

- ✓ Fear of hurting people's feelings, making them angry or upset, disappointing them, not being liked, or not being respected
- ✓ Feeling of being powerless or not being in control of the situation
- ✓ Fear of embarrassing yourself or being seen to fall short
- ✓ A reluctance to engage in conflict

How to Handle Difficult Conversations

- Prepare yourself.
- Make sure you know what you want to achieve.
- Choose the right time and place.
- Deliver the message promptly and clearly.
- Focus on the facts and tell the truth.
- Try to see the situation from the other person's point of view.
- Listen actively, empathize, and acknowledge, respect, and validate the other person's feelings.
- Don't take people's reactions personally.
- Stay calm and manage your own feelings.
- Be open-minded and willing to negotiate (when appropriate).

How to Prepare for a Difficult Conversation

- Figure out what's going on—whether you need to know more and what the stakes are.
- Think about the other person's point of view and how they might feel and respond.
- Consider how you feel about the situation and how you will manage your emotions.
- Consider your relationship with the other person.
- Think about your objectives for the conversation and what your ideal outcome will be including the outcome you would accept.
- Think about when and where you will hold the conversation.



To Deliver a Difficult Message

- ✓ Be clear and specific and focus on facts; give examples when possible.
- ✓ Be sincere, tell the truth, and provide accurate information.
- ✓ Learn more by asking questions.
- ✓ Let the other person ask questions; answer them honestly and briefly and explain why if you can't.
- ✓ Stay calm and use positive body language.
- ✓ Avoid distractions.
- ✓ Take responsibility when warranted.
- ✓ If appropriate, reframe situation in a positive light, but don't lie.