



The Coherent Communication™ Technique is designed to create greater connection and understanding between the listener and speaker. As we know, heart to heart communication in Healthcare settings helps the patient/client tell their story and feel like they have been heard. Listening carefully helps them open up and disclose more information, especially if they perceive you are attentive and listening non-judgmentally.

When the patient/client learns this technique they can find benefits in interactions with family, friends, co-workers as well as other professional interactions they have.

Step 1. Shift into a heart-coherent state before communicating to effectively share and receive information.

Suggestion: Set an intention to be respectful of others' views or situations.

Step 2. Listen for the essence of what is being said without prejudging or getting pulled into drama before the communication is complete.

Suggestion: Remember to re-center in your heart if you start to overreact or lose emotional composure.

Speak from a genuine tone and consider what you are going to say and how it may affect others.

Step 3. During important or sensitive communications it's effective to confirm the essence of what you heard to insure mutual understanding.

Yet, when rushing communications, this is the step most of us forget.

Coherent Communication Quick Steps

1. Shift into heart coherence

2. Listen for the essence;

Speak with a genuine tone

3. Confirm mutual understanding

Practicing coherent communication can shorten meeting times, create more harmonious interactions, align team members, reduce stress, drama, energy drains and foster mutual respect among co-workers and team members.

Ask your patient/client to practice this technique once a week in different scenarios: with family, friends, co-workers or strangers.