

the little guide for B.O.L.D Conversations

What is a B.O.L.D Conversation?

B.O.L.D Conversations invite us to consider questions about aging, illness, death, loss, and life. With the right intention, skills and process these seemingly difficult conversations are not only possible, but they can also be uplifting, all while helping to ensure our wishes and those of our loved ones are both expressed and respected.

be intentional...

Intention for connection:

Conversations connect us. Choose to turn toward each other.

Intention for courage:

Conversations invite us to step into the arena. Choose to be vulnerable.

Intention for curiosity:

Conversations thrive if we explore. Choose a beginner's mindset.

Intention for compassion:

Conversations ask that we suspend judgement. Choose to accept what is.

be genuine...

Authentic Self-Expression - ensure you are understood

Self Disclosure - share what is important to you; use I statements; assertively express what you think and feel.

Authentic Inquiry - remain curious

Ask open-ended questions (who, what, where, when, how); ask one question at a time; go deeper, to expand the dialogue, use "tell me more" or "and what else."

Authentic Listening - ensure they are understood

Stop talking; reflect back, in your own words, what you have heard; pay attention to body language and tone.

Continue to check-in with each other throughout the conversation

Pause if needed - plan a time to circle back to the discussion

be B.O.L.D...

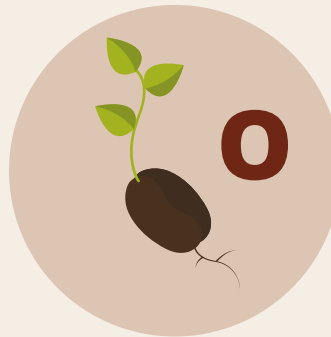


BUILD A SAFE ENVIRONMENT

- A bold conversation can only happen if people feel prepared, safe and each have a voice.
- Create communication guidelines everyone agrees to.

ASK:

- What is it we each need to have in place to share honestly and openly?
- What will help ensure the conversation moves forward?



ORGANIZE AND PRIORITIZE TOPICS

- Clarify the intent of the conversation for each person.
- Decide on neutral topics that need to be discussed.

ASK:

- What is it we hope to achieve?
- What specific topics do we need to talk about?

LISTEN AND LEARN

- Listen with deep curiosity and an open mind.
- Explore what is important for everyone (including yourself!) in this conversation.

ASK:

- What are our Concerns? Hopes? Expectations? Assumptions? Perspectives? Beliefs? Fears? Values? Needs?
- What are you hearing, feeling, noticing?



DESIGN THE NEXT STEPS

- From the wisdom that has emerged, brainstorm options on what is next.
- Decide which options are mutually beneficial.

ASK

- What solutions can we create based on our learnings (no judgements)?
- What will we do, by when?



to learn more go to leslieallen.ca