

# Steps to Effective Speaking

## What is Resonant Speaking?

Resonant speaking is taking 100% responsibility for being understood and creating conditions for listeners to engage with you.

## Resonant Speaking Skills:

### 1. Be present

- Put your attention on how your communication lands
- Stay open and curious about others' reactions
- Watch for signs the listener is engaged and "with you"

### 2. Be clear

- Be aware of what you want out of the conversation
- Be concise when called for ("one outbreath" rule)

### 3. Speak unarguably

- Articulate what you really want
- Avoid blaming; take healthy responsibility
- Separate facts and stories
- Share a body sensation or emotion that you are noticing



[craftedleadership.com](http://craftedleadership.com)



# How to Speak Unarguably

Use Sensations, Emotions, and What You Want (S.E.W.)

## 1. **S**ENSATIONS

"I notice \_\_\_\_\_."  
*(a body sensation)*

## 2. **E**MOTIONS

"I feel \_\_\_\_\_."  
*(sad, scared, angry, happy)*

## 3. **W**ANT

"What I want is \_\_\_\_\_."



**crafted**leadership

Based on work developed by [juliacolwell.com](http://juliacolwell.com) and [hendricks.com](http://hendricks.com)