MINDFIT4LIFE™ ACADEMY

Communication Starts From the Inside Out

SELF-AWARENESS + POWER LISTENING™ = SELF-LEADERSHIP

Billions are invested every year in developing workplace skills.

In 2025, the global soft-skills training market was estimated at US$34.1 billion, with communication skills representing the largest segment. Yet workplace challenges around communication, engagement, stress and relationships remain very real.

What are YOU bringing into the conversation?

Thoughts • emotions • assumptions • beliefs • past experiences • patterns • reactions

Better communication begins with greater awareness of ourselves.

THE INNER PROCESS

Something happens → something happens within us → we respond.

SITUATION → THOUGHTS & ASSUMPTIONS → EMOTIONS → PHYSICAL RESPONSE → REACTION OR RESPONSE

SELF-AWARENESS

Understanding what may be influencing how you show up, communicate and respond.

Here are 12 areas to begin exploring. There are many more.

Body Awareness	Language & Lingo	Narratives & Stories
Choices & Decisions	Addictive Patterns	Social Conditioning
Past Experiences	Behaviours & Actions	Emotions & Core Feelings
Thoughts & Beliefs	Past Programming	Other Influences

Awareness is not judgment - it's gentle noticing and allowing.

NOTICE → BREATHE → REFLECT → CHOOSE

Sources: Grand View Research, Soft Skills Training Market Report (2026); Gallup Workplace (2024/2025).

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POWER LISTENING™

Self-Awareness in Action

Listening to self AND others - with intention, structure and presence.

1 LISTEN TO YOURSELF WHILE LISTENING TO SOMEONE ELSE

As the listener, become aware of:

What am I thinking?	What am I feeling?	What am I wanting to say or do?

NOTICE IT. SET IT ASIDE. BE FULLY PRESENT.

Advice? Fix? Defend? Agree? Disagree? Solve? Tell my own story?

2 FOLLOW THE POWER LISTENING™ STRUCTURE

A structure that supports clarity, understanding and movement - without taking over the speaker's process.

C — CONTRACT
Establish the listening agreement and space for the conversation.

I — IDENTIFY
What does the speaker want to talk about?

C — CLARIFY
Questions for clarity and understanding - not curiosity.

S — SUMMARIZE
Reflect the essence of what was shared back to the speaker.

R — RATE
The speaker rates where they are now /10, then identifies their ideal.

A — ACTION
Invite the speaker to identify an action toward where they want to be.

SELF-AWARENESS + POWER LISTENING™ = SELF-LEADERSHIP

Know what you're bringing into the conversation. Know when to set it aside.

Listen to understand. Choose how you respond.

CONTINUE THE WORK

Better self-leadership → better communication → stronger workplace relationships

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Self-Leadership Foundations

Scan to visit emotionalfitness.ca

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