

# Roundabout, connection when communication jams



## INSPIRATIONAL SESSION

### How to express yourself honestly and show empathy to the other?

"You're constantly interrupting me. Typical, you always do that. You only think about yourself." When there is tension in the air, we quickly lapse into judgements or recriminations, which is a pity. Because beneath those sharp words lies, above all, the desire to be understood. To be recognised for what you feel. Because it's wonderful when others take your needs into account. Right?

Well, brace yourself, because during our inspirational session you will explore the four streets of the roundabout. Final destination in the GPS: mutual understanding and connecting communication.

The stubborn jackal in you shifts down a gear while your inner giraffe, who honestly expresses its feelings, moves to the driver's seat. The giraffe really wants to understand the other person.

An eventful ride? Sure. But also, so many insights and tips to gain. Tips that make you want to communicate in a connecting way. Resulting in fewer conflicts, more inner peace and a more pleasant work environment.

## LENGTH

**1.5 hours (without break) or 3 hours (with break)**

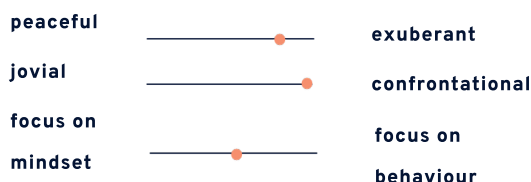
## NUMBER OF PARTICIPANTS

**from 10 to 500**

## LANGUAGE

**Dutch, French or English**

## MOOD



## LEARNING OBJECTIVES

### You will learn this during a session:

	1.5 h	3 h
That every human being needs connection. We all want to be seen, heard, recognised and understood.	✓	✓
The characteristics of your inner jackal: it is problem-oriented, thinks mainly of itself and wants to be right.	✓	✓
The characteristics of your inner giraffe: it is solution-oriented, considers others and strives for connection.	✓	✓
What your jackal level is. It is calculated with 10 questions from the jackal test.		✓
That you get connected fastest when you first try to understand the other person and only then want to be understood	✓	✓
That the extent to which you are able to communicate connectively is related to your emotional capacity.		✓
That the roundabout consists of four streets: observation, feeling, need and request.	✓	✓
How to respond empathically.		✓
How to make a concrete request, instead of being vague or demanding something.		✓

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