



# **The Power of Effective Communication**

By: Kids Managing Conflict and  
Youthful Savings

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**Objective:** The purpose of this learning exercise is to encourage positive communication skills that can enhance interpersonal skills. This lesson will also explore how effective communication skills can create a culture shift of consensus building and cohesiveness for the world at large through the power of youth!

## The Need for Communication

Communication is a powerful mechanism to live a life of harmony, impact and emotional resilience. Effectively conveying your thoughts into words that build trust and influence has the ability to dramatically shift the course of your life. Think about some of the most legendary people that have lived on this planet. From Martin Luther King Jr. to Oprah to any other person that greatly influences your life, it's likely they have worked on their communication skills in order to build personal and professional success. The key to communicating effectively is to be aware of the language you use and the impact that can make on the recipient(s) of your communication.

## 5 Principles to Effective Communication

Learning how to effectively communicate has the ability to unleash your personal power to the world at large. According to a Psychology Today article<sup>1</sup>, the following 5 principles can greatly improve your communication skills:

### Surrender the Need to be Right

Our brains and social conditioning can be hardwired to think that being right is equivalent to winning the game of life. However, arguing to win an argument can lead to another person feeling less than and thus "losing." It's not helpful to maintain a healthy, collaborative relationship. The world is hungry for more collaboration and effective win-win communication is the way forward.

### The 5% Rule - Turning Conflict into Collaboration

Conflict is a part of life. As humans we all have a viewpoint and perspective. When we share that with others, disagreements can occur. There is nothing wrong with conflict but how we resolve it and the language we use, can greatly affect the trajectory of our relationships. The key to resolving inevitable conflict, is to be aware of your intention and the related words that you use. Clearly communicating your intent with words that match your intention can change conflict to collaboration and create stronger relationships.

### Shared Meaning

Words are powerful and what a word may mean to you may be different than what a word means to someone else. Sometimes the root cause of a miscommunication error is a simple misunderstanding in the intention behind the communication and related words. Aim to be clear on your intention and clearly articulate that intention in all of your communication endeavors. Furthermore, it's helpful to foster and inspire understanding in

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To dig deeper on how to resolve disputes and conflict, check out our learning product, Dispute and Conflict Resolution.

1. <https://www.psychologytoday.com/us/blog/shift-mind/201605/5-principles-unleash-your-power-communication>