



# CoachingHer

## Lesson 4 - Worksheet *Communication and negotiation skills*

1. What do you find easy in conversations with others? What is difficult?

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2. Write down three typical conversation situations in which you want to assert yourself better.

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3. Formulate an 'I' message for a current challenge.

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4. Practice active listening: What does it involve?

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5. What would you like to do better in future negotiations?

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