

# stryker

one team, one plan, one dream  
stronger together wellness program

## JUNE

# AUTHENTICITY

COURAGEOUS  
CONVERSATIONS  
with ourselves + each other



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## JUNE COURAGEOUS CONVERSATIONS

*"It takes courage to grow up and become who you really are." E.E. Cummings*

*Welcome to the month of AUTHENTICITY and courageous conversations with ourselves, each other and our loved ones ..*

*Often one of the bravest and most courageous things we can begin to do in our lives is to be willing to become more radically accountable, authentic and honest with ourselves and the way we communicate in our lives. Many challenges within our relationships arise from fear, conflict avoidance and/or an inability to express ourselves (and our needs and emotions) freely with assertiveness and clarity, this often includes giving and receiving feedback.*

*The ways to begin this self awareness mission will vary depending on our past and present experiences with communication and our lifestyle, goals and values. We can begin by asking "ARE WE PROUD of who we are being, our choices, decisions, habits, responses and especially how we are showing up and communicating in our lives with loved ones, each other and friends .. and where we can make some improvements?"*

*If you missed today's session you can WATCH IT HERE and/or LISTEN to the audio here ..*

*Attached is the powerpoint, which has some additional tips and activities you can choose this month to elevate your authenticity. I've added in more instructions for our weekly Courageous Conversations Mission if you are keen to FOCUS specifically on these below ..*

*Week One: Self / Week Two: Colleagues  
Week Three: Friends / Week Four - Family, Partner + Kids*

*Now the idea of a Courageous Conversation might seem simple, though remember our brains freak out at the thought of any change and truly believe we might actually die. As a previously self confessed "people pleaser and conflict avoider" I assure you the more you remind yourself "everything will be ok, i'm not going to die" and practice being courageous and sharing with others, the easier this becomes and the more fulfilling your relationships and life will be.*

*NB. Yes, it's ok if all this feels totally awkward to begin with. And if you're more of a secure type and actually LOVE courageous conversations then this month is going to be a celebratory breeze and could help you to delve more deeply into observing how you can support others to feel even more secure in their communication with you ;)*

*If you would like to delve a little deeper into the attachment styles I mentioned you can do a free quiz here .. the book I love is Attached*