

Blogs about Communication

The screenshot shows a web browser displaying the 'Effective Communication Skill Blog' on the website 'www.speakstrong.com/blog'. The browser's address bar shows the URL. The page has a dark header with the slogan 'Be Strong. Be Clear. Be Kind. Be Free. Be YOU!!!'. The main content area features a post titled 'This Again?' with a sub-header 'The Communication Alchemist is IN. Are you IN too?'. The post text discusses a person named 'Beer' and the author's personal reflections on communication patterns. A sidebar on the right contains an 'Article Use' section with copyright information for Meryl Runion Rose and a 'Follow My Blog' section. The Windows taskbar is visible at the bottom of the browser window.

Be Strong. Be Clear. Be Kind. Be Free. Be YOU!!!

Effective Communication Skill Blog

Communication skills are great in theory, but how are they in practice? This **Effective Communication Skill Blog** shows you how to walk the SpeakStrong talk. I'm Meryl Runion Rose. Join our conversation about Communication Alchemy, and saying what you mean and meaning what you say... without being mean when you say it.

The Communication Alchemist is IN. Are you IN too?

This Again?

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Created: Wednesday, 14 January 2015 17:35

"Beer" has an incredibly generous spirit. It's a beautiful quality - which she needs to reign in, lest she over-give. Currently, she's coming to terms with how much over-giving she has done lately. She is mad and frustrated with herself that after all her efforts to find balance, she has set herself up to be on the short end, yet again.

This again? I relate. I haven't been over-giving lately, but yet again, I do find myself in old behaviors that don't serve me. I also catch myself getting frustrated with, critical of, and mad at myself for still practicing an old pattern that I had hoped to have outgrown by now.

The SpeakStrong Method uses the "This Again?" inscription as an acronym. When I read it, I watch for situations where some part

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©2015 Meryl Runion Rose. Meryl is a Certified Speaking Professional and the Creator of the SpeakStrong Method of Dynamically Effective Communication. Find her at www.SpeakStrong.com

Let me know how you use them. Thanks!

Follow My Blog

I blog daily when I have a lot to say. When I don't have much to say, I let you know.

<http://www.speakstrong.com/blog>

14 Very Effective Communication Skills



Statistics point to the fact that approximately 85% percent of our success in life is

<http://advancedlifeskills.com/blog/14-very-effective-communication-skills/>

<http://www.communicationskillsblog.com/>

The screenshot shows a web browser displaying the homepage of the Communication Skills Blog. The browser's address bar shows the URL www.communicationskillsblog.com/. The website's navigation menu includes links for HOME, CONTACT US, COMMUNICATION SKILLS, IMPROVE COMMUNICATION SKILLS, TIPS ON COMMUNICATION SKILLS, and a SUBSCRIBE button. The main header features a logo with a stylized 'C' and the title "Communication Skills Blog".

The featured article is titled "Improve Your English Communication Skills" by ADMIN, dated NOVEMBER 24, 2011. It has 4 likes and is marked as the first of a series. The article content includes a list of questions for English learners:

- Are you new to an English-speaking country?
- Are you struggling to speak in English?
- Are you having difficulty talking to someone in public places?
- Are you embarrassed when you can't say something in English?
- Are you having difficulty expressing your ideas?

Below the list is a section titled "Learn How To Speak English Fluently!" with a testimonial: "I highly recommend this 'Everyday Survival Kit for English Learners'." To the right of the article is a featured image of a woman in a pink shirt hugging a man in a green shirt. Below the image is a "DEFAULT WIDGET" section with the text "This is Sidebar 2. You can edit".

The Windows taskbar at the bottom shows various application icons including Internet Explorer, Firefox, Chrome, and several Microsoft Office applications. The system tray on the right indicates the time is 1:11 PM on 11/24/2011.