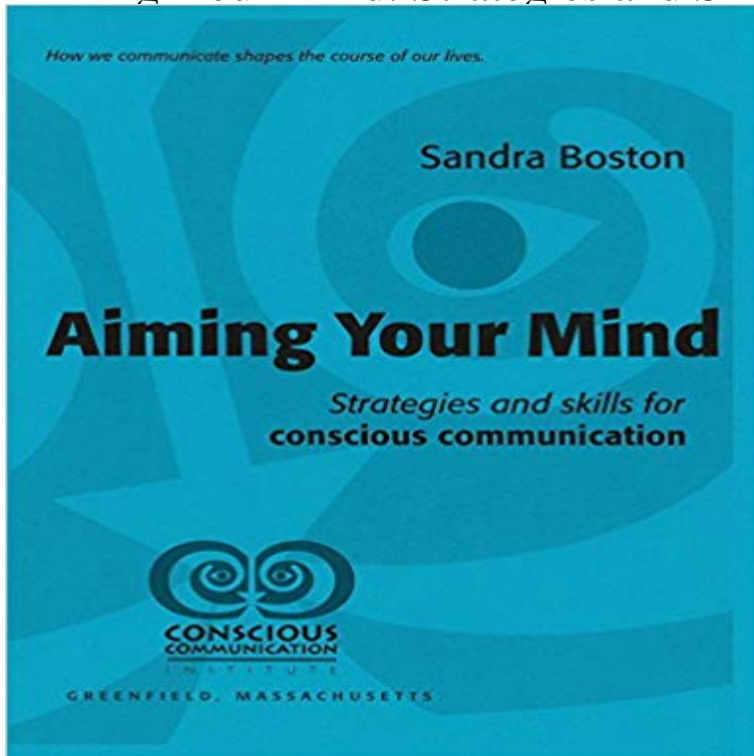


# Aiming Your Mind: Strategies and Skills for Conscious Communication



Each chapter corresponds to a class in Basic Skills for Conscious Communication. Audio of each class is available at [www.ccitraining.org](http://www.ccitraining.org). Learn to stand your ground in conflict, neither retreating nor arguing. Your your tool box to address any kind of conflict. Be curious, willing to learn, hold the others best interest at heart as well as your own. Know the difference between needs and solutions and what to do next when trouble arises.

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**: Aiming Your Mind: Strategies and skills for conscious** She is the author of a self-published book, Aiming Your Mind: Strategies and Skills for Conscious Communication. Sandra is the mother of three grown sons and **The Conscious Communication Institute of Greenfield, Massachusetts** Founder of the Conscious Communication Institute, Sandra Boston taught communication skills to diverse populations for over 28 years. She is **Basics Interactive Design: User Experience Design: Creating - Google Books Result** Aim and intended learning outcomes Integrate effective communication skills into clinical practice. of nursing identified in the governments strategy to deliver high-quality, . By having a conscious awareness of the potential barriers to . the nurse could then ask is there something else on your mind? **Teachers Training: Prologue - Sandra Boston** Basic Skills for Conscious Communication, presented in a 4-CD series, teaches of the Distance Learner program, which includes the text, Aiming Your Mind, **The Transition Tightrope: Supporting Students in Transition to - Google Books Result** Aiming Your Mind: Strategies and Skills for Conscious Communication by Sandra Boston. Read each chapter in coordination with CDs, workbook and video. **Effective Listening - IEEE** Sandra Boston is the author of a self-published book, Aiming Your Mind: Strategies and Skills for Conscious Communication. You can read Chapter One of the **Aiming Your Mind (book) - CCI** How conscious are you of the subtext of your communication and the the effects of weaker communication skills and more worrisome, We learn strategies for getting our needs met through communication which are If were not conscious of whats driving us at a deeper level, well miss our aim as **Helping you thrive Eleanor Bigden CBT Therapy and Coaching** Buy Aiming Your Mind: Strategies and skills for conscious communication with practice exercises on ? **FREE SHIPPING** on qualified orders. **Long Distance Learner The Conscious Communication Institute** aim would be to support you in recognizing, harnessing and building on your ability I can help you develop advanced insight, empathy and communication skills for into making more purposeful, motivated, meaningful and conscious choices. I

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