

Tips For Communicating

**Tips for communicating effectively with health professionals –
Does anyone know the Boy Scout Motto?**

- 1. BE PREPARED** For each engagement, whether live or telehealth.
 - Write down your questions – **Most powerful tool a self manager has!**
 - Prioritize them in order of importance to you with a star ★.
- 2. BE CLEAR** about what you need/want.
 - Make a list and prioritize these as well with a star ★.
- 3. BE OPEN** and share your thoughts honestly.
- 4. BE FEARLESS** There's no such thing as a silly question.

