

Mind  
Free



*Building Core Relational Strength  
in Leadership, Teams  
and Individuals*

**Build a Relational  
Communication Culture –  
in your workplace,  
and in your life!**

***Keynotes, workshops, trainings and individual sessions***

**[www.denisemiller.ca](http://www.denisemiller.ca)**

# What is Communication?

Communication is actually a cycle

Simply stated,  
it begins with a thought.

A thought is a decision to relate

Communication is the ***action*** of transferring a  
thought from one individual to another

Understanding is the completion of the cycle.  
A thought has been transferred  
from one individual to another.

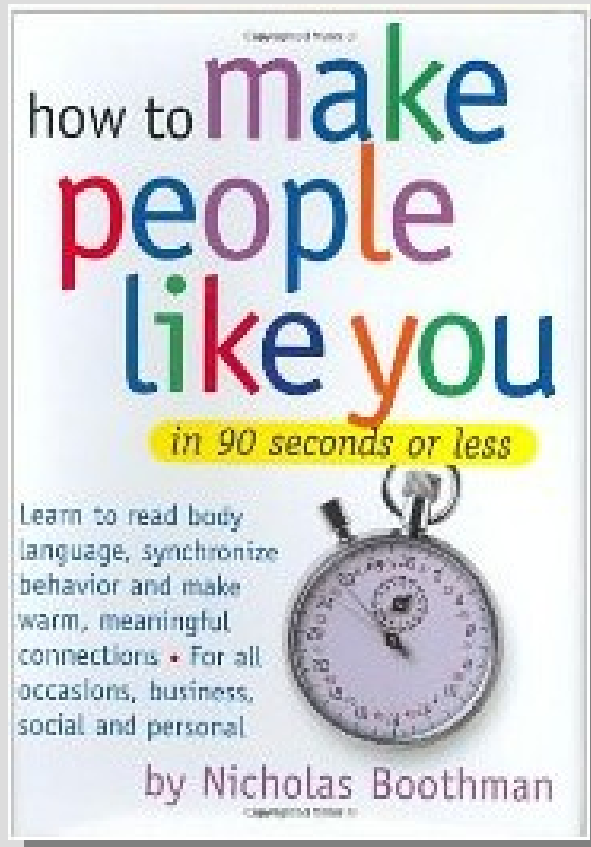
# **Communication at it's Best**

- Relaxed
- Real
- Respectful

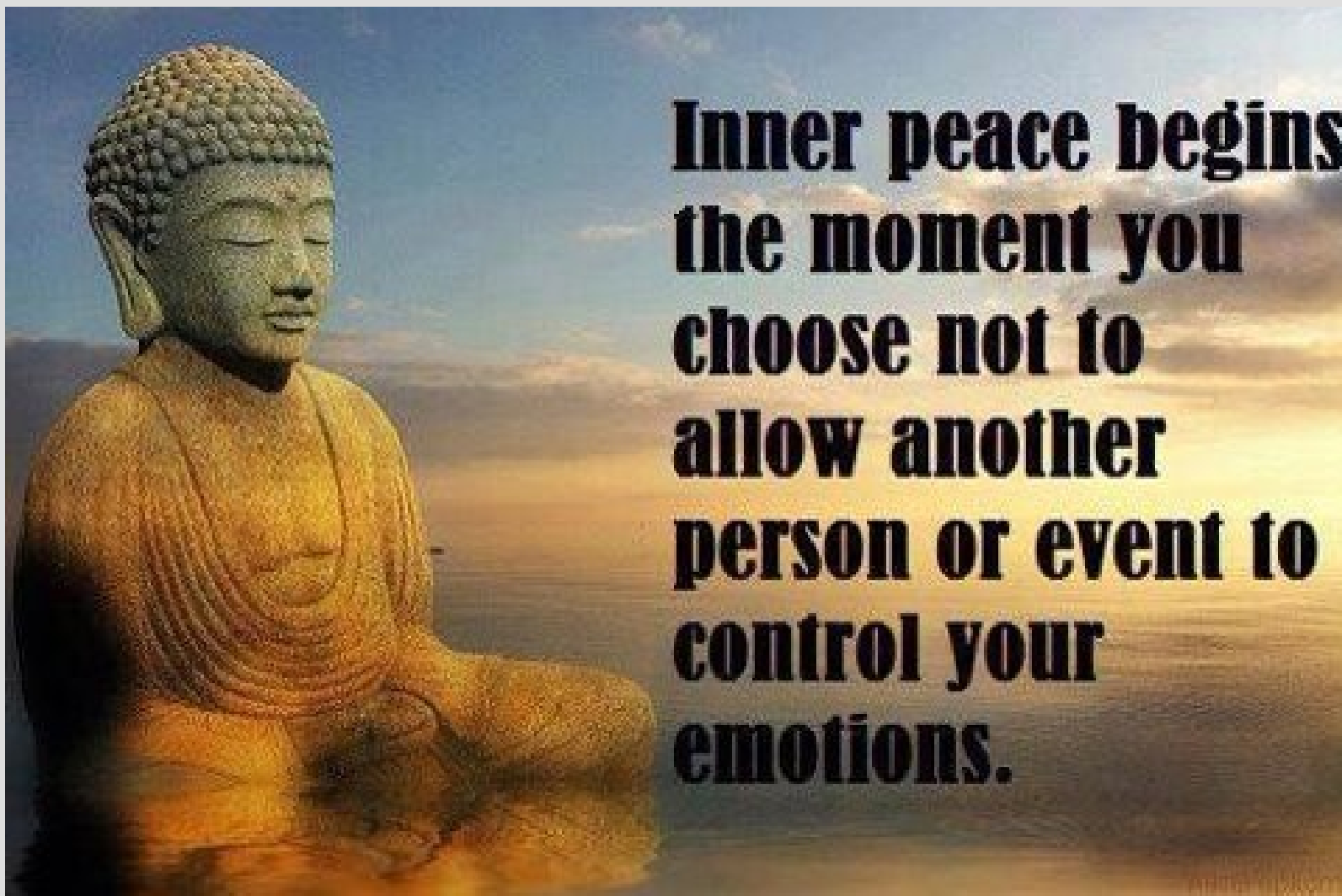
words can start wars & words can end them

# Affinity Building

– not rocket science!



***Even more useful  
is to make  
yourself like  
people!***




**Inner peace begins  
the moment you  
choose not to  
allow another  
person or event to  
control your  
emotions.**

# Vulnerability

“The best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, the capacity for sacrifice. Ironically, their virtues make them vulnerable; they are often wounded, sometimes destroyed.”

- *Ernest Hemingway*

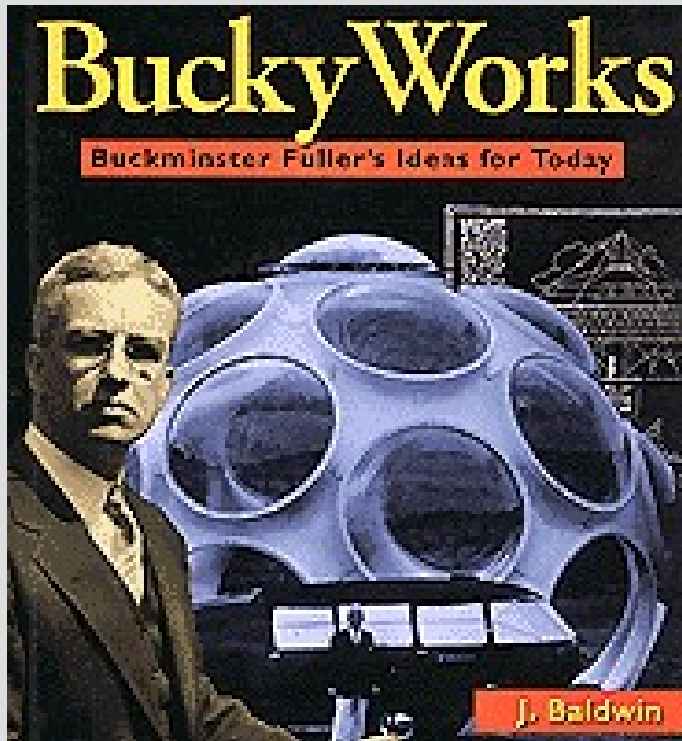


**SEE THE  
LIGHT IN  
OTHERS,  
AND TREAT  
THEM AS IF  
THAT IS ALL  
YOU SEE.**

Dr Wayne Dyer

# A New Model

## – The 'Love Only Policy'



You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

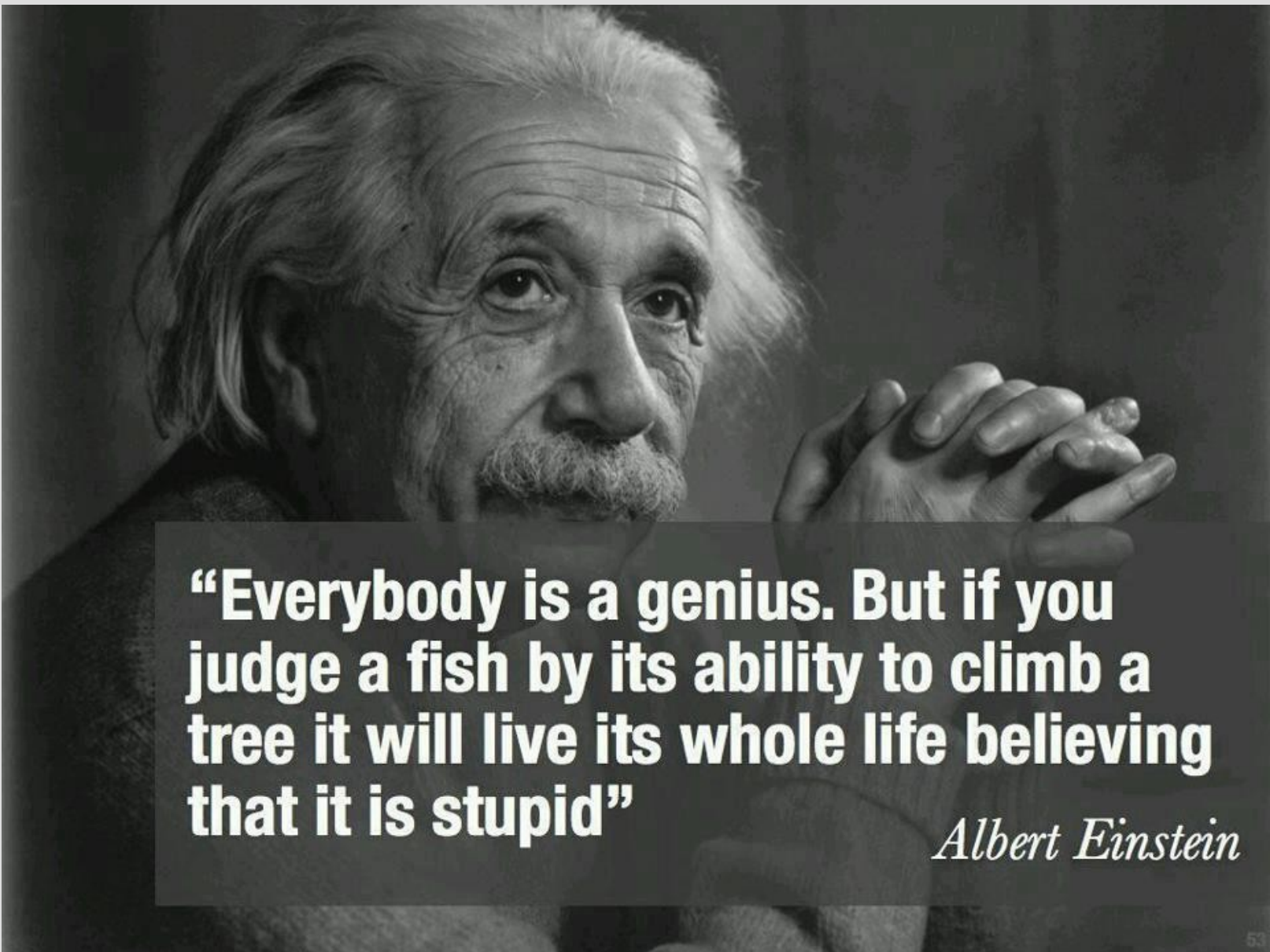
Buckminster Fuller  
1895-1983



# **Words can harm & Words can heal**



Dr. Masaru Emoto

A black and white portrait of Albert Einstein, showing his characteristic wild hair and mustache. He is looking slightly to the right of the camera with a thoughtful expression. His hands are clasped together in front of him. The background is dark and out of focus.

**“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”**

*Albert Einstein*

**Accepting yourself will result in  
you accepting others!**

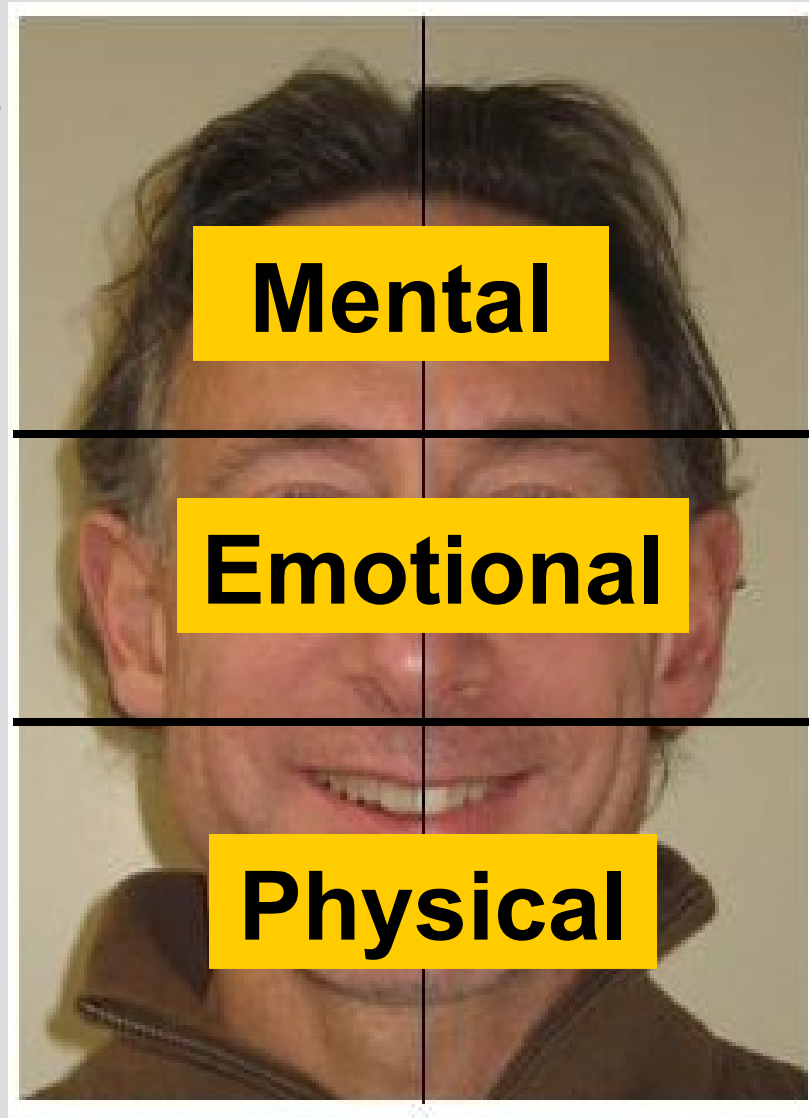


So let's start there...with QuickScan

**Right Side**

**Left brain**

**Mental /  
Analytical**



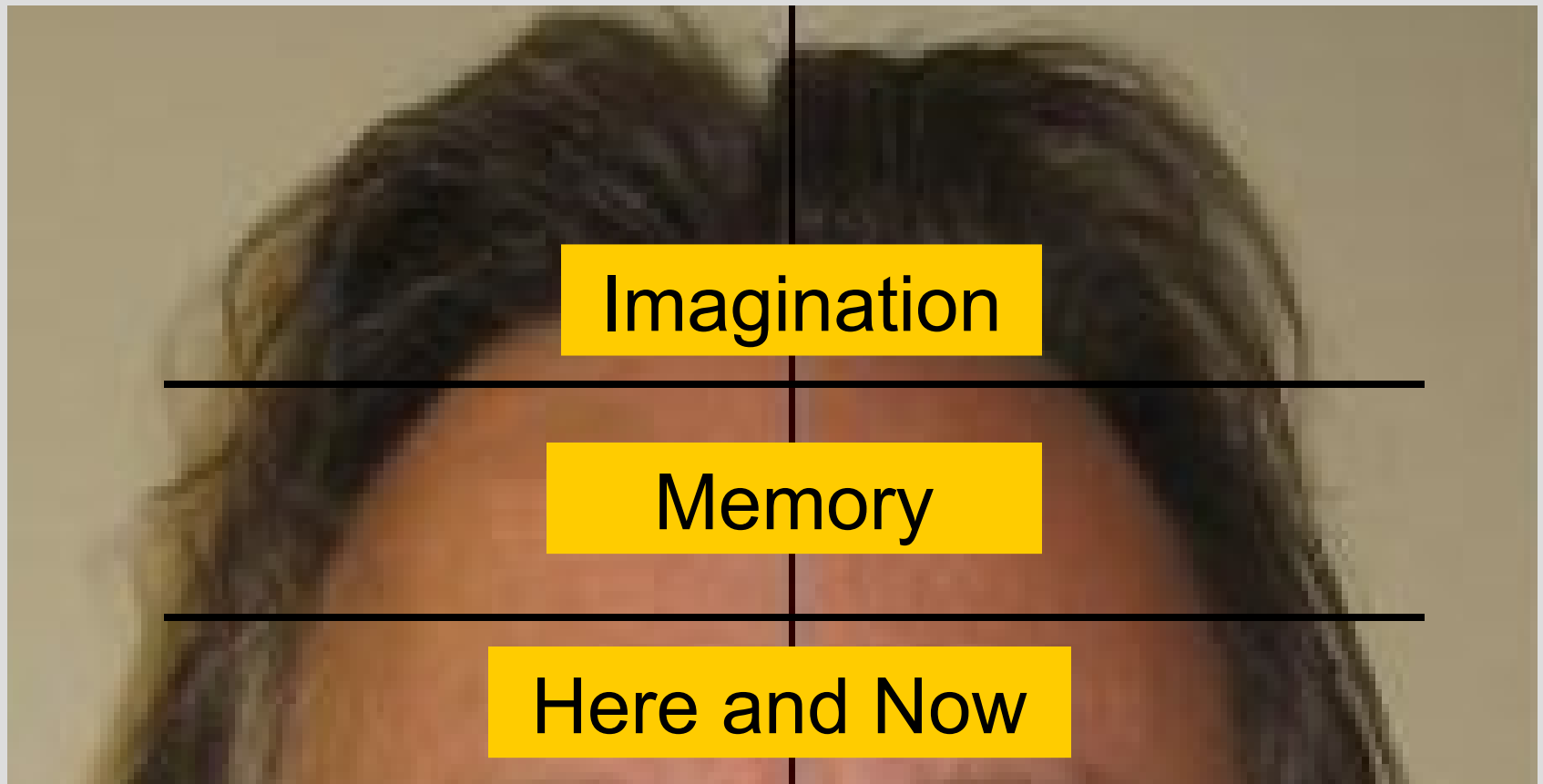
**Left Side**

**Right brain**

**Emotional /  
Creative**

# What's your natural way to think?

## What are the gifts and challenges?



# What's your natural way to listen?

Where are your ears?

Rising into  
the mental?

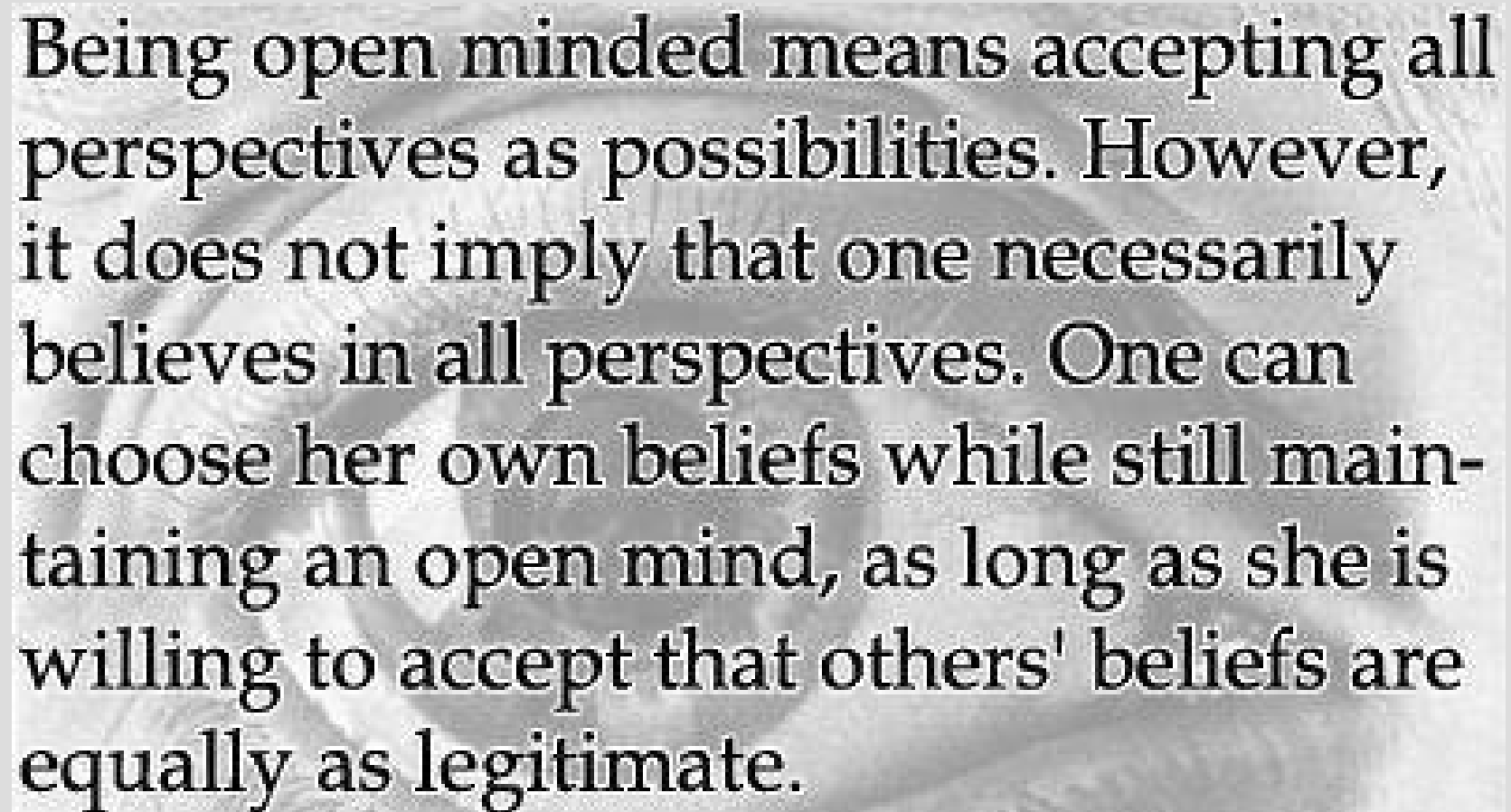
---

Only in the  
emotional?

---

Extending into  
the physical?

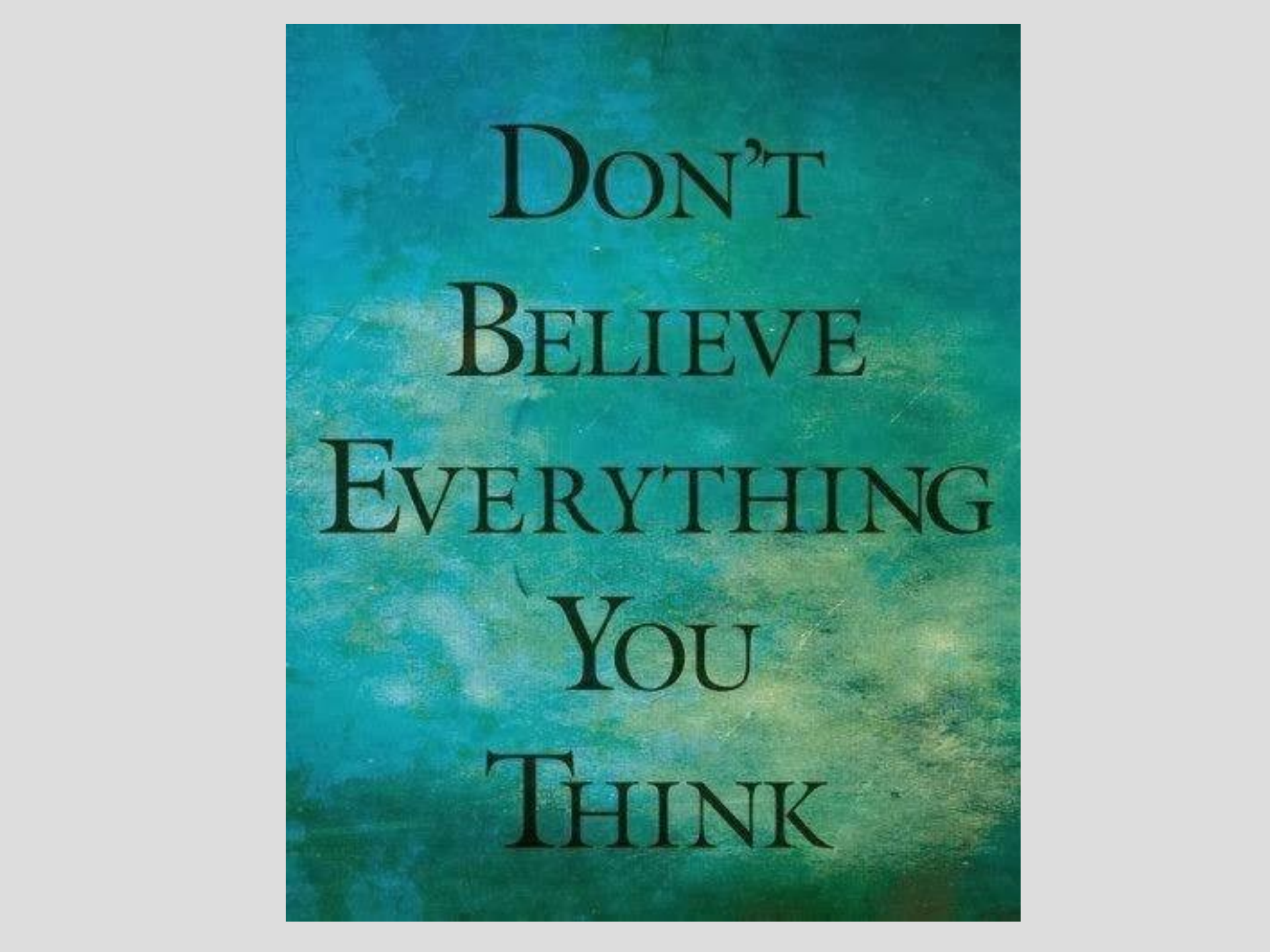




Being open minded means accepting all perspectives as possibilities. However, it does not imply that one necessarily believes in all perspectives. One can choose her own beliefs while still maintaining an open mind, as long as she is willing to accept that others' beliefs are equally as legitimate.

Are you open-minded?





DON'T  
BELIEVE  
EVERYTHING  
YOU  
THINK





# Mind Free

Free your Mind - Change your Life!

***Improved Relationships and Communication for Yourself and Your Business!***

***Speaking, Workshops, Trainings and Individual Sessions***

**[www.denisemiller.ca](http://www.denisemiller.ca)**