

The art of communication

What's the purpose of communication? To understand others and make ourselves understood. Good communication helps us get along in all our relationships at work and beyond. Read this month's newsletter to brush up on some of the basics. And don't forget to try the "Missing word contest". You could win a prize!

Communicating in today's world



Your body language speaks volumes

Did you know that over 50 percent of communication is sent through body language? Words carry only half the message. [More...](#)

[En Español](#)

Worklife balance



Listen up for better communication

At work, home or in any other situation, your listening skills affect your relationships and interactions. [More...](#)

[En Español](#)

Communicating with teens

In This Edition

- Your body language speaks volumes
- Listen up for better communication
- Improving communication with teens
- A guide to cooperation

Quick Links

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Webinars

Communicating with your teen

Register today:

<https://mylifevalues.webex.com/mylifevalues/k2j.php?ED=170386147&UID=1>

[Download a list of free webinars for September 2011](#)

Seating is limited, so make sure to register early!

Missing word contest!



We appreciate you – our readers! And to communicate that in a way that we know will make you smile, we have a \$25 gift card! After reading this month's newsletter, click the button to enter the missing word contest. Good luck!

[Start the Contest](#)



Improving communication with teens

The teen years – what a challenge for parents and kids! You can work on staying connected to your teens by using these communication tips. [More...](#)

[En Español](#)

Getting past getting your way



A guide to cooperation

Have you ever thought or said, "It's my way or the highway?" More often than not, this is not a good stance to take. Why? [More...](#)

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¹www.changingminds.org

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