IGD Stage 3: Difficult Conversations

**ENGAGE and EXAMINE**

Make space and time to engage. Examine sources of biases and assumptions. Negotiate learning.

**EXPRESS**
Be vulnerable enough to share your experiences and mistakes. Express emotions honestly.

**INQUIRE**
Seek to understand others’ perspectives through respectful questions and challenges to thinking.

**LISTEN**
Listen for the new ways to recognize our own challenges.

**COMMUNICATE**

**GET MOTIVATED**
Get motivated to change and bridge differences. Who, how, and what can help bridge divides we experience and see?

**BUILD BRIDGES**

**AWARENESS**
Establish a communication process for newness and difference.

**POSITIVITY**
Display a welcoming nature (and mean it). Be willing to help and appreciate differences.

**RELATIONSHIPS**
We build friendships through time and space. Inclusivity requires the same. Be sure to continually check in.

**SKILLS**
Invite conversation by sharpening skills in empathy, active thinking, and openness to multiple perspectives.

Want to learn more? Visit igd.iupui.edu