



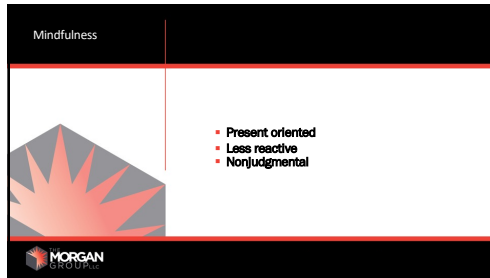
THE MORGAN GROUP LLC

Mindful Communication & the Craft of Public Speaking

Scott Morgan

Leadership | Media Training | Mindful Communication

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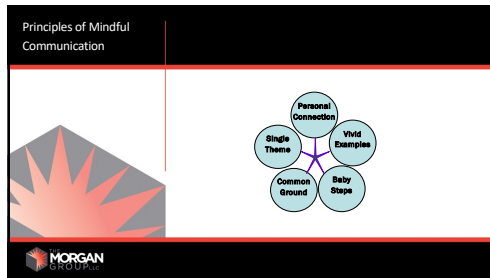


Mindfulness


- Present oriented
- Less reactive
- Nonjudgmental

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Principles of Mindful Communication



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Personal Connection

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Mindful Storytelling

- Story is not the event. It is how we interpret events.

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Mindful Storytelling


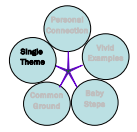



- Story is only meaning.




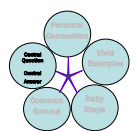

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Principles of Mindful Communication



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Principles of Mindful Communication



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Central Question



- What are you trying to improve?
- What drives your work?
- What is at the core of your perspective?
- What is your mission?

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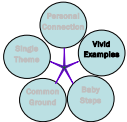

Central Answer



- What seems to stick?
- What is your current belief?
- What is your working mantra?
- What is proving itself true?


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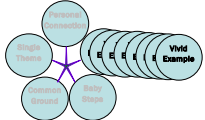

Principles of Mindful Communication



- Share sensations
- Speak in Imagery



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Principles of Mindful Communication



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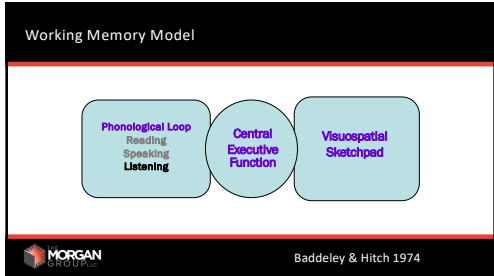
Story Flow



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My work focuses on investigating the various factors that contribute to Autism Spectrum Disorder (ASD), primarily addressing restricted and repetitive behaviors (RRB's), social communication and social relationships. Since many of these behaviors are sensory issues, I will also be looking across other Neurodevelopmental Disorders (NDDs) such as compulsivity and rigidity.

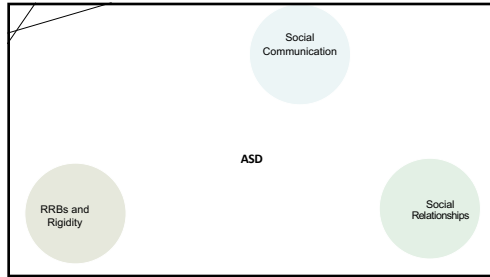
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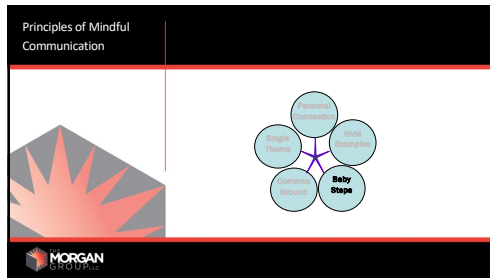
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- Autism Spectrum Disorder (ASD)
- Restricted and Repetitive Behaviors (RRB's),
- Social Communication
- Social Relationships
- Sensory Issues
- Neurodevelopmental Disorders (NDDs)
- Compulsivity
- Rigidity

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RECOMMENDATIONS

- Delegation visit to Biomass Facility
- US Delegation visit to UAE
- Small Scale Test
- Embassy Hosts Symposium

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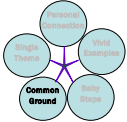
Action Steps



- What do you tell yourself when you forget?
- What is your daily reminder?
- What might help others in a similar situation?
- Aside from the long-term goal, what do we do tomorrow?


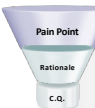
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Principles of Mindful Communication

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Common Ground Funnel

The issues/problems that I share with this audience:
I work on:
Why?

Within my work, I focus on:
Why?
I want to know:

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Common Ground



- What is relevant to others?
- What is the universality of your situation?
- Why should they listen?
- What's in it for them?
- What larger issue does your project mirror?

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Principles of Mindful Communication



- Personal experience
- Highlight a theme
- Share vivid sensations
- Make it universal
- Baby Steps

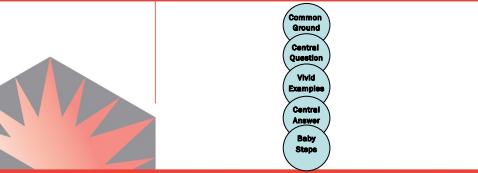

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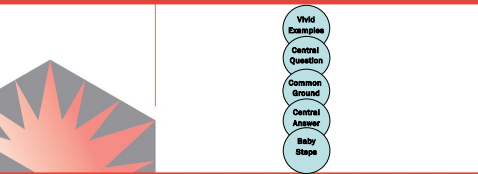

Linear Flow



- Common Ground
- Central Question
- Vivid Examples
- Central Answer
- Baby Steps

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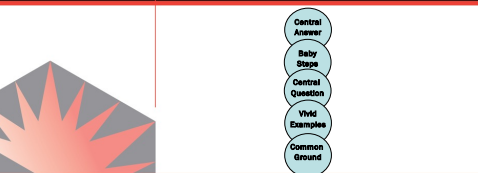

Linear Flow



- Vivid Examples
- Central Question
- Common Ground
- Central Answer
- Baby Steps

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Linear Flow



- Central Answer
- Baby Steps
- Central Question
- Vivid Examples
- Common Ground

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Linear Flow

Personal Connection
Baby Steps
Central Question
Vivid Example
Central Answer
Common Ground

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- What is the collective problem?
- What is the immediate question?
- What is the most compelling evidence?
- What value can I add from personal experience?
- What is the working answer?
- How do we move forward?

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Mindful Feedback


Rose
Bud
Thorn

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mindfulschools.org

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Active Listening




- Present oriented
- Less reactive
- Nonjudgmental
- Repeat in the same sensory language



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- Expression is not earned, it is a right...
...and must originate from truth of the present.
- Genuine expression originates
from truth of the present.



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