

Courageous Candour: Communicating with Clarity and Care

Key Takeaways

1

Understanding 'The Case of Candour'



THE SILENCE TAX

The cost of holding back for people, teams, and trust



WHAT SPEAKING UP DOES

How candour drives performance, trust, and growth



COURAGEOUS CANDOUR DEFINED

What it is, what it isn't, and why it matters

2

Exploring ways to shift



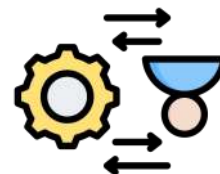
THE FOUR ZONES

A framework for mapping how we give feedback



WHERE WE GET STUCK

Why most people default to the wrong zone



HOW TO SHIFT

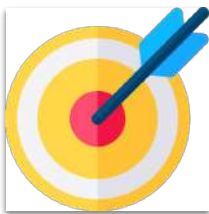
Moving toward courageous candour intentionally

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3

Practicing Three Parts Formula in Building your Candour



**State what you
observed specifically**

(Situation)



**Explain the impact it
had on you or the team**

(Impact)



**Ask for their
perspective**

(Dialogue)

Need a bit more help?

Work with your coach to explore your learning edge in giving honest, caring feedback and identify what may be holding you back from speaking up.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

