



# OVERCOME RESISTANCE TO MAXIMIZE ENGAGEMENT AND WELL-BEING

[WWW.CONSCIOUSLEAD.LIFE](http://WWW.CONSCIOUSLEAD.LIFE)

# P

## PREDICTABILITY

People yearn to know what's happening. How can you help them understand what the future looks like for them?

## RELATEDNESS

People need to sense they are included in the group. How do you help them know that you care and value their contribution?

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## INDEPENDENCE

People need to sense they are in control of their lives. How do you give choice and options to lead?

## STATUS

People need to sense they are not inferior or unimportant. How do you recognize their value; their work; what they do well?

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## EQUITY

People need to sense they are treated equally. Do you treat people the way you would like to be treated?

## WANT MORE?

Visit [www.consciouslead.life](http://www.consciouslead.life) for additional Healthy Communication resources.

For a more detailed look at the neuroscience behind the model, enjoy reading *SCARF: A brain based model for collaborating with and influencing others*, by David Rock.