


Assessment & Portfolio Guide

Lesson 5: Evaluate the Impact of Negative Comments

-  Is your communication style free or expensive?
Why?

Lesson 6: Practice Using Self-Empowering Language


-  Are you in control of your thoughts? ☐ yes ☐ no
If no: why not?

-  If yes: how do you control your thoughts?

Lesson 7: Practice Using Effective Listening Skills

-  Which of the effective listening skills are easiest for you to do?

Lesson 8: Check Your Listening Skills

-  Are you an active listener? ☐ yes ☐ no
If no: what skills are you working on?

-  If yes: how does active listening affect your relationships?