

Format & Prioritization of Mindful Communication

- ▶▶ **In Person** is optimal in many ways. It allows for a full flow of information verbally, visually, auditorily, emotionally and energetically. And in terms of reciprocal value, I would tier the value from these exchanges in the following descending order:
 - a. Interpersonal Dialogue
 - b. Small-Group Dialogue
 - c. Large Group - More Limited Dialogue

- ▶▶ **Video Calls** still offer verbal, visual and auditory elements. The emotional and energetic exchange is dampened in this digital forum. I would tier the value of video calls similarly in descending order:
 - a. Interpersonal Dialogue
 - b. Small-Group Dialogue
 - c. Large Group - More Limited Dialogue

- ▶▶ **Phone Calls** still offer verbal and auditory elements, with emotional and energetic elements further dulled. I would tier the value of phone calls in this descending order:
 - a. Interpersonal Dialogue
 - b. Small-Group Dialogue
 - c. Large Group - More Limited Dialogue

- ▶▶ **Email or Text** offers a communication exchange. Emotions can be evident but misconstrued or misinterpreted more easily. This is a great medium for communications to large groups, in multiple time zones, as it doesn't need to be managed in real-time. It also puts things 'on the record'. When using this forum, I still believe optimal value can generally be achieved with one-on-one interactions following a similar descending order to the other communication methods:
 - a. Interpersonal Exchange
 - b. Team Exchange
 - c. All-Team