

# Saying What Needs To Be Said: How to have tough conversations

Important communication skills taught by author and speaker, Dan Hegstad

Saying what needs to be said isn't 'tough love' or 'brutal honesty.' This is an adulting skill that is crucial for all employers and employees as well as couples, parents and even friends. This is a skill that can be taught and learned.

Not communicating is the stuff of movies and silly comedies. To not communicate out of fear or being passive/aggressive is unhealthy for everyone. Saying what needs to be said is not saying whatever you want. This is adult communication.

You will learn:

- How to talk to prepare for your conversation.
- How to take the fear and emotion out of the interaction.
- How to "speak truth to power."
- How to communicate your needs and expectations in a clear and understandable way.
- How to avoid drama and emotions.
- How to be on the other side of a tough conversation.
- How to be a good listener.
- How to apologize.



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