



Module 2 - Communication and Relationships

All Lessons are online and are 1 hour, and look at ...

Lesson 1 Communication 1 - LEMONS say

How to spot other LEMONS by the words and phrases that they use, and the questions that they ask.

Lesson 2 Communication 2 - What and How

Content, preference, frequency, speed. What LEMONS communicate about, how they prefer to communicate, how often and how quickly they communicate.

Lesson 3 Communication 3 - Talking to

How to communicate with other LEMONS in their language so that they understand you clearly.

Lesson 4 Emotions

Emotional Intelligence. How and why the different LEMON types respond emotionally, as well as their emotional needs.

Lesson 5 Relationship types

The different types of relationships we are involved in and the expectations that come with them, as well as how to manage them.

Lesson 6 Conflict 1 - Understanding

The complexity of conflict and the key things we need to be aware of and manage in the process.

Lesson 7 Conflict 2 - Managing

Elements of conflict that need to be managed. The impact that values have on conflict, and how to manage them.

Lesson 8 Conflict 3 - Tendencies

Because of how we are wired we tend to react to and approach conflict differently.

Lesson 9 Conflict 4 - Underlying causes

The underlying causes of conflict in relationships. It gets to the roots, which sorts out the fruits.

Lesson 10 Conflict 5 - Letting go

How conflict is a trigger for change, and how to approach and manage the change.