

OPTIMIZING RELATIONAL EFFECTIVENESS

Life is happening at an ever increasing pace. We are inundated by stimulus constantly that our brains are managing and filtering for us to avoid being overwhelmed by it all. Yet this sophisticated process that keeps us from total inundation can also get in our way when it comes to our responses that influence relational effectiveness.

WE HAVE A CHOICE TO PROACTIVELY ENGAGE AND PAY ATTENTION TO THE SPACE BETWEEN **STIMULUS** AND **RESPONSE**.

