

Words, tone, and presence

Check Your Tone and Presence | Everyday connection

Slow your pace, soften the volume, and check whether your posture leaves room for a response.

Use these prompts for your own preparation. Leave out identifying details you do not need.

The words I want to say

My pace and volume

A comfortable setting

An action that matches my words

One adjustment to try

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.