



THE HEAL TO
TRANSFORM

Podcast

with Valerie Kolick

FREEBIE

YOUR COMMUNICATION LUVE PINS CARDS

Improve Your Communication. Deepen Your Connection



Valerie Kolick, M.A.

HEAL YOUR HEART. HEAL YOUR MIND.
TRANSFORM THE WORLD.

Here's Your LUVE PINS Communication Cards!

LISTEN TO THIS EPISODE: www.valeriekolick.com/healtotransform/27



LISTENER

L.ISTEN
● Don't interrupt, be open & curious

UNDERSTAND
● Don't judge, just try to understand

VERIFY
● "Do you mean..."

E.MPATHIZE
● See things from your partner's point of view and let them know you're in their corner.

SPEAKER

P.OSITIVE START
● Start with a compliment or gratitude

I.FEEL STATEMENT
● No blame. I feel (emotion) because (facts)

N.EED
● Ask for what you need.

S.WITCH
● Once you feel heard & understood, ask your partner what they need from you.