

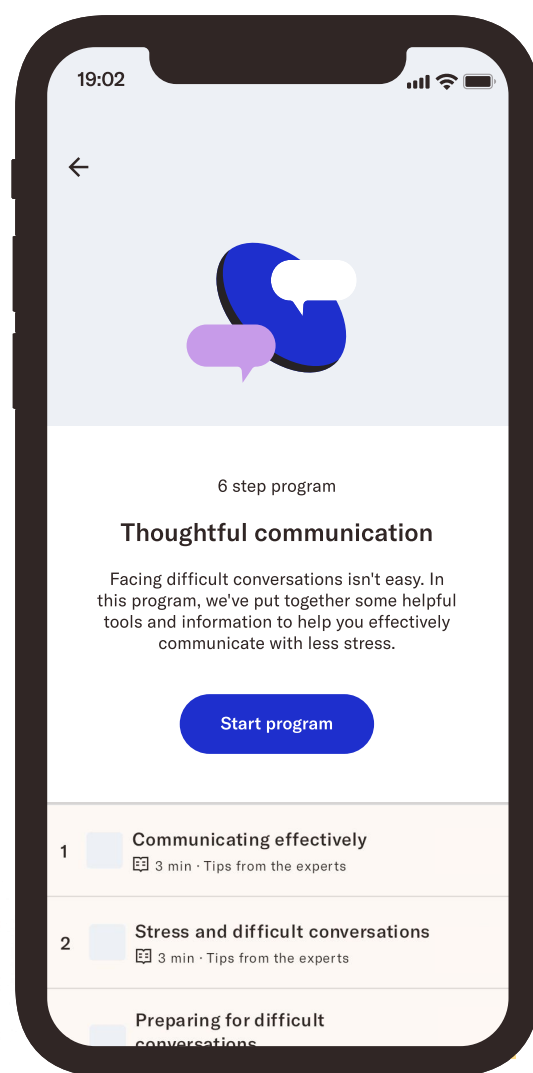
Navigating difficult conversations and differences of opinions

Let's get this out of the way: **Check-in with yourself and how you're feeling first.** Don't begin a difficult conversation with a coworker without taking a moment to gauge your feelings. Journal, meditate, take a few deep breaths, pause in way that works for you.

Then (and only then) take another moment to consider how the other person or persons may feel. Keep in mind that everyone brings their own feelings and experiences to the table and while we won't always agree, we can agree to listen, and try to understand.

How Koa Care 360 can help

From resources that help you deliver effective feedback, communicate thoughtfully, and apologize to activities that help you identify your emotions and destress in the moment, Koa Care 360's content library is clinically-validated and designed by experts to support your mental health.



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