



Say It Skillfully

with Molly Tschang

Me, You & We Framework

The ME, YOU, WE framework is about three ideas: knowing yourself (ME), understanding others (YOU), and creating strong connections (WE). It reminds us that our feelings and actions can impact those around us, so managing ourselves is key. Building real connections helps us influence each other positively, and empathy—seeing things from someone else's perspective to help us understand one another better.

Overall, this framework encourages healthy and meaningful relationships.

Top 3 Takeaways

Learning to Skillfully Speaking Up

Our role is to speak up and contribute to solving problems! It's important to express ourselves clearly in safe spaces and appreciate the value of diverse opinions. By improving our communication skills and sharing our ideas effectively, we can turn our knowledge into inspiring conversations.

Using a Gentle Tone & Empathy

In Molly's gives us advice for Margaret and supermarket scenario. She used her words, tone, and approach to acknowledge and empathise with others. It's a reminder for us to gently ask curious questions like whether someone wants to discuss a situation or if they're open to suggestions.

A good leader starts as a coach

If we start addressing workplace concerns by acknowledging feelings to build empathy and strengthen team connections. This creates a safe space for open conversations, values diverse perspectives, enhances teamwork, and fosters creative problem-solving, leading to a positive workplace transformation.

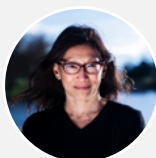
Learn More

Think

- 💡 Using Molly's Framework, how do you want your actions and feelings to be perceived by others?

Read

- ★ Check out and read Molly's free resources on her [website](#).



Act

- 📝 The next time you help someone, try using a gentle and curious tone. It might lead to a more positive experience for both of you!
- 📝 As a leader, how are you fostering a safe environment for your team to share their thoughts?

Listen



Unlock this Pod Sum Up by listening to Molly's [interview](#).



My Next Steps



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