

# Smart Politics - Dr. Karin Tamerius

## Change Conversation Cycle

**INVITE** - ask a non-threatening question

**LISTEN** - communicate curiosity and establish rapport

**REFLECT** - make them feel heard and respected

**AGREE** - look for and share common ground (focus on personal not politics)

**SHARE** - personal narratives allow for deeper connection



## Change Conversation Pyramid



space made for change



you care, make it known



understand first



find something shared



establish safety and trust