

# The Power of Our Words

“Words not only affect us temporarily—they change us.”  
—David Riesman, *The Lonely Crowd*

Our words are much more powerful than we give them credit for. We take our words for granted, because we say so many in a day. We don't take the time to think through “How might my comment leave the receiver? Feeling respected—or diminished? Feeling better about himself—or worse?”

This inspiring talk is an in-depth look at how others' words affect us, and how our words can affect others. Every audience member has been hurt by other's words, but they often haven't seen how their words affect prospects, customers and co-workers.

Rebecca shares the insights with humor, warmth, and an honesty not often seen from the platform. The program is touching and insightful, as well as humorous, and illustrated with original stories.

## Key Benefits of Attending:

**You'll have a new awareness of how impactful your words are.**

Most of us don't fully comprehend how much weight our words can have on those around us.

**You'll have a new appreciation for being more conscious of your word choice.**

Sometimes our words just slip out without thinking. We can hurt others without ever knowing it.

**You can help someone feel great with a few well-chosen, sincere words.**

A few heartfelt words, spoken at the right time can help the receiver feel great about their report, or help them see what appears to be a disaster isn't as they see it.

**You'll learn how to tell the truth caringly, even when the truth isn't pretty.**

No one wants to be patronized or coddled. Sometimes the truth is hard to swallow, but it's easier when it's expressed with care and sensitivity.

## A Proven Agenda (45-60 minutes)

**Do you remember a time when words affected you—positively or negatively?**

**Words are more powerful than we give them credit for.**

**How are you using your words?**

Are you aware of what you say to others?

Or do words just fall out of your mouth?

**Humor can backfire.**

Humor, at someone else's expense, can cut more deeply than we'll ever know.

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**The truth needs to be told:**

In private  
With caring  
So that it's useful  
With sensitivity and thought to word choice  
Honesty, without caring, is abuse.

**Intellectually we know to:**

Ignore disempowering words  
Discredit source  
Reframe them positively to serve us

Even well meaning words can affect us negatively.

We all have opportunities to touch hearts through our words.

Let's use the power of our words to prevent more pain on the planet and to heal the pain that's already here.

**Presentation Objectives:**

Attendees will:

- See how their words can affect others
- Understand why his/her words are so powerful
- Know how to be sensitive to and edit his/her word choices to have a positive impact
- Know the key components to giving honest feedback caringly

**Needed Materials**

- *Life's Lessons: Insights and Information for a Richer Life* book, \$9.95

**Recommended Reinforcement Materials:**

- *Life's Lessons: Insights and Information for a Richer Life* audiobook, \$29.95

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