

Progress: Gaining **COU** by way of zoom, phone, or in person at community room:

It is our hope that Seminar 1 Healthy Communication and Peace Resolution was meaningful. Perhaps its content added to your practical, profitable, or positive knowledge and actions. May we gain your response? After reviewing the Seminar 1 outline, will you please take a few moments to recite a few answers to questions in COU (pronounced “coo” as in the sound of Mourning Doves) below?



### Criteria of Understanding (COU):

Please offer two:

- Negative effects of poor communication.
- Positive effects of good communication.
- Solutions for good communication.
- Types of lying.
- Tips for good communication.
- Ways to put off conflict.
- Ways to put on to resolve conflict.

