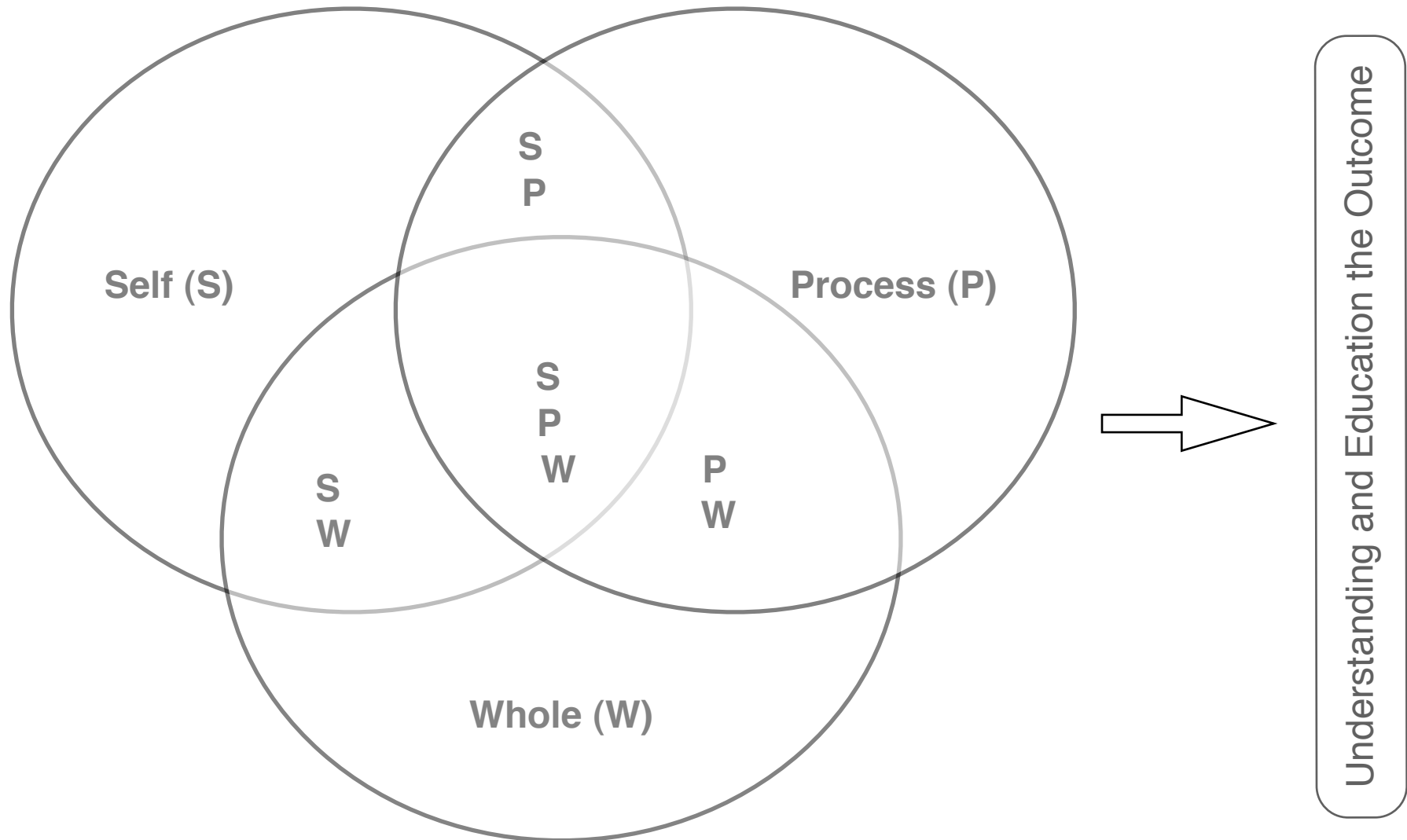


“Let’s Talk!!! Ways of Talking that Make a Difference to Mothers and Families,” Kiddada Ramey

USBC 3rd National Conference, *Empowering Coalitions: Power Tools for Change*, January 24 & 25, 2010

MONITORING DIALOGUE



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THE PATH OF DIALOGUE

☼ “Dialogue is a reflective learning process in which group members seek to understand one another’s viewpoints and deeply held assumptions.”

☼ Inquiry into others and your own personal beliefs, values and mental modes is done for better understanding. It is just as important to listen as it is to speak.

☼ “Dialogue creates an emotional and cognitive safety zone in which ideas flow for examination without judgement.”

MONITORING DIALOGUE is a metacognitive process - awareness and understanding of one’s own thought process (See attached diagram.)

For productivity, pay attention to these three essential elements:

1. Self

1.1. *Listen to our listening* - when doing so, we realize if we are internally debating with the speaker, reviewing our mental catalogue of related information or composing a response. If we are doing any of these processes internally, SWITCH IT OFF.

1.2. *Choice making* - how and when to talk

1.2.1. Paraphrase,

1.2.2. Inquire,

1.2.3. Or introduce a new idea.

1.3. *Suspend judgement* - set aside your own perceptions, feelings and impulses

1.3.1. Monitor the internal experience

1.3.1.1. Has personal conflict surfaced because we believe that others are not hearing us or distorting our point of view

1.3.1.2. Has personal conflict surfaced because our values conflict with those of the speaker

1.3.2. Suspension of judgement requires you to notice your own assumptions

1.3.2.1. Assumptions are beliefs about why we think things work as they do

1.3.2.2. Assumptions drive perceptions

2. Process

2.1. Focus on the goal of developing shared understanding of both problems and solutions

2.2. Thoughtful, honor the flow of dialogue

2.3. Safe, but not necessarily comfortable

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3. Whole

3.1. Personal and collective - the whole is always greater than the sum of the individual parts


3.1.1. Communal thought process

3.1.2. Collective understanding

DIALOGUE GOAL FOR BF: Understanding and Education

☼ “By learning to observe the processes, patterns and results that emerge from our dialogues, we can more consciously participate and more consciously contribute to the whole of which we are the parts.”

☼ “Dialogue gives voice to all parties.”

☼ Foundation of shared understanding  easy and rational resolution of differences, **generates options** and **make wise choices**.

CONTACT INFORMATION

Kiddada Ramey, Founder & President

Black Mothers’ Breastfeeding Association (BMBFA)

19436 Packard

Detroit, MI 48234

www.blackmothersbreastfeeding.org

k.ramey@blackmothersbreastfeeding.org

313.333.3346

313.366.5996