



Emotions of Difficult Conversations

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

What emotion(s) show up commonly for you when presented with having difficult conversations with others? _____

What emotional trap resonated the strongest with you? _____

What piece of “what we bring to the profession” provides you the most peace? _____

What piece is the most challenging? _____

What piece of “what the client brings to the profession” provides you the most peace? _____



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What piece is the most challenging? _____

What did hearing the grocery clerk (burden of the profession) story provide to you? _____

How has the 1 Life Connected message affected your perspective? _____

How will recognize, embrace, connect show up for you each day? _____

What is the biggest challenge for you in finding self-forgiveness? _____

What steps are you going to take to allow self-forgiveness? _____



1 Life Connected

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With the 1 Life Connected message fresh in your mind.

What is your commitment to finding your individualized journey towards your sustainable authentic career in veterinary medicine? _____

Be 1 Life Connected!

Mindful of our response
Create our environment
Embrace our emotions
Find self-forgiveness

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