



# Tips to keep you airborne!



## Are you speaking the right language? June 2019

Well yeah, you're probably thinking as you glance over this month's title.

But if I ask "Are you speaking the right language to the one you love?", would you still be in the know?

Just the other week I spent a morning with an eager group of would-be FIFO (Fly-In-Fly-Out) workers, helping to prepare them for the road ahead, a road lined with potential pitfalls along the way...if you pardon the pun.

Among other things, FIFO can take its toll on relationships.

So, looking at the importance of communication and ways to improve it, we took a left turn and zeroed in on language...love language to be exact.

Did you know that there are 5 universal love languages (5 ways of expressing and experiencing love as outlined by Dr. Gary Chapman in his famous book, *The 5 Love Languages*)?



It's Chapman's belief that each of us has a primary and secondary love language and that we tend to give love in the way that we receive love (now there's a clue if you were ever looking for one).



So, what do they look like, sound like and perhaps feel like? Which of these resonate with you?

**1. Words of Affirmation** – Shakespeare once said “What’s in a word?” Lovers of this language say “Everything!” Words smack of appreciation e.g. “You to me are everything.” (can you hear a song coming on?), or perhaps a simple “I love you” will strike a heartfelt chord.

**2. Quality Time** – time to ditch the gadgets at the dinner table and give undivided attention to your loved one...to be fully present. Time to hone the listening skills, to make great eye contact and ooze empathy...you get the picture. Talk can be cheap for some.

**3. Receiving Gifts** – that beautiful iridescent shell you brought back from the shoreline, wrapped in tissue and placed in a cardboard box is enough to warm the cockles. What a symbol of love! Who needs White South Sea pearls?

**4. Acts of Service** – this is when you just hate the thought of ironing those shirts for the week and lo and behold, you discover that your loved one has already de-creased them for you! This is a sure-fire way to a wrinkle free relationship. Actions speak louder than words!

**5. Physical Touch** – what a great way to communicate emotional love! A hug here, a caress there is all it takes to feel loved. No words or pearls required. The shirts can remain wrinkled and Google can have a seat at the dinner table. Love me tender, love me true.

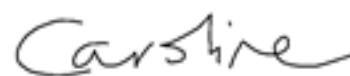
So, have you identified your primary and secondary languages? Are they similar to your partners (deepest joy if they are)?

If not, what would it take to do a crash course in a couple of new languages?

Worth its weight in gold methinks and with the current spot price of said precious metal, you’ll be mining a fortune.

And remember, if you want to learn anything new, it’s practice + sleep = perfect!

Stay tuned, love language...



IPS – Whenever you’re ready, work with me directly to see how you, and/or your team can benefit from enhanced communication skills.

How about a little Knowing Me, Knowing You as a tasty wellness bite? Check out <http://www.carolinecrosbie.com.au/wellness-for-employees/> for more tasty morsels and leave a message with “yes, more information please”

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