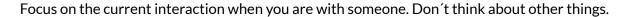
Tikoteekki

The FIRST mnemonic

The FIRST mnemonic can help you connect.

Before every interaction **FIRST** take a moment to remember the following key concepts:

Focus:



nterval:

Allow for an interval. Give it time. Wait for a gesture, a gaze, a message. Don't fill in the silence.

Respond:

When the other person is communicating with you, respond. Confirm that you have observed the message.

Suit the other:

Tailor your communication to suit the other person's needs whether through words, facial expressions, movements or the adaptation of your breathing rhythm.

Test your assumptions:

Test your assumption that you have understood the other person's message. Check if he or she would like to continue the interaction or quit.



Finding a common language may take time but it's possible.

FIRST-mnemonic is based on Finnish LOVIT®-mnemonic, owned by Tikoteekki.

