

Daily themes for friends & family

Maybe Monday

TRY TUESDAY

Wonder Wednesday

Thankful Thursday

FORBIDDEN FRIDAY

Supervisor Saturday

Surveillance Sunday

**Phrases, thoughts and actions
to try when you communicate**

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Maybe Monday

Possible & Perhaps

'I'm still waiting for sign-off'

'I wasn't sure it would help'

'Too early to say'

'It's not my area of expertise'

'It's all a question of priorities'

'Ask me again next week'

'It depends who you talk to'

'You know it might just work'

'It's a very difficult area'

TRY TUESDAY

Attempt & Connect

'Easy?, yes, almost too easy'

'They always make one mistake...'

'Exactly what happened last time...'

'More than a coincidence, wouldn't you say?'

'How convenient...'

Notice a pattern or similarity

Use a new method or route

After a difficult question, stay silent and when asked if you're ok, reply distractedly saying: ...*'just joining the dots'*...

Wonder Wednesday

Rare & Unexpected

'Isn't that...? ...yes, yes it is!'

'Some kind of communication device'

'In all my years....'

'I'm amazing, I know'

'Well fancy that!'

'A message sent in code, but why...?'

'Coincidence? I think not'

'See how it moves!'

Display puzzled interest

Thankful Thursday

Pleased & Relieved

'Aren't we lucky...'

'The very last one!'

'Can it be true?'

'It all came out of the blue'

'Just enough!'

'Oh that IS kind'..

'Well pleased'

'Bloody marvellous!'

'Let's call it a learning experience'

FORBIDDEN FRIDAY

Allow & Empower

'Can I be very rude... ?'

'It's entirely up to you'

'Actually, you can...'

'Do you have Line Manager approval?'

'Would it cause any problems if I...?'

'Is there anything to stop us from...?'

'As long as you feel comfortable'

'By all means'

'Could I make a small suggestion?'

Supervisor Saturday

Responsibility & Productivity

'Settling in ok - people showing you where everything is?'

'What can I do to help you in your role?'

'How are you getting on with...?'

'I'm not sure this is best practice'

'If you happened to be passing...'

'Would a rota help?'

'Just a small area of concern...'

'How can we make sure this doesn't happen again?'

Surveillance Sunday

Openly & Privately

During a conversation you are asked for your views on a topic. Reply saying the words you feel are expected of you while using hand gestures and facial expressions to indicate your true feelings.

Shake your head when speaking affirmatively and nod when saying something you disagree with.

Stare intently at an electrical appliance or light fitting while reciting a nursery rhyme or poem, as though testing a concealed microphone. ('Mary Had a Little Lamb' works well).

Pass a note that says 'I'm wearing a wire' while making intense eye contact.