# Deeper Dive Session 5 Communication in Action

## Overview

Welcome to our fifth and final Deep Dive Session on Communication in Action. In this session, we explore how conversations and language shape our thinking. Take a moment to reflect on what, as individuals and a community, we may not have spoken into existence.

As we wrap up this series, we also recap the essential learnings from each of the five deep dive sessions, providing you with tools to stay engaged in your contemplative journey.

Whether you're new to contemplative practices or seeking to deepen your understanding, this session offers a unique opportunity to reflect on your speaking and listening habits, gain new perspectives that could redefine your approaches to daily conversations.

### Summary Highlights

0:00 Intro to communication in action

4:35 Communication requires both speaking and listening

6:14 JVR Shelter Strategies survey highlighting the importance of communication

7:00 Defining communication

9:12 Structuring our communication by assuming an engaged speaker and a committed listener

14:17 Reframing unlearning, contemplation and reflection

16:11 Man on the Moon - Shifting conversations and perspectives

22:00 The Journey You Own Deep Dive series recap and next steps

As a next step on your journey:

* Reflect on what have we as individuals and a community have not spoken into existence

Please share any discoveries in the Maddie’s Pet Forum group or email Jyothi at jyothi@jyo.world.

### About the Journey You Own Deep Dive Meeting Series

Join us in this insightful meeting series where Jyothi V. Robertson, DVM, DABVP (Shelter Medicine), leads us on an exploration of the concepts and practices outlined in the Maddie's University® course titled The Journey You Own: Practices for Wellbeing and Productivity (link: https://maddies.fund/JourneyYouOwnMU). While completing the course is not mandatory, it serves as a valuable foundation for further learning.