

ALIVE IN DEATH

**Death, Dying, Grief and Self-Care Training for
Healthcare Providers**

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MODULE 5

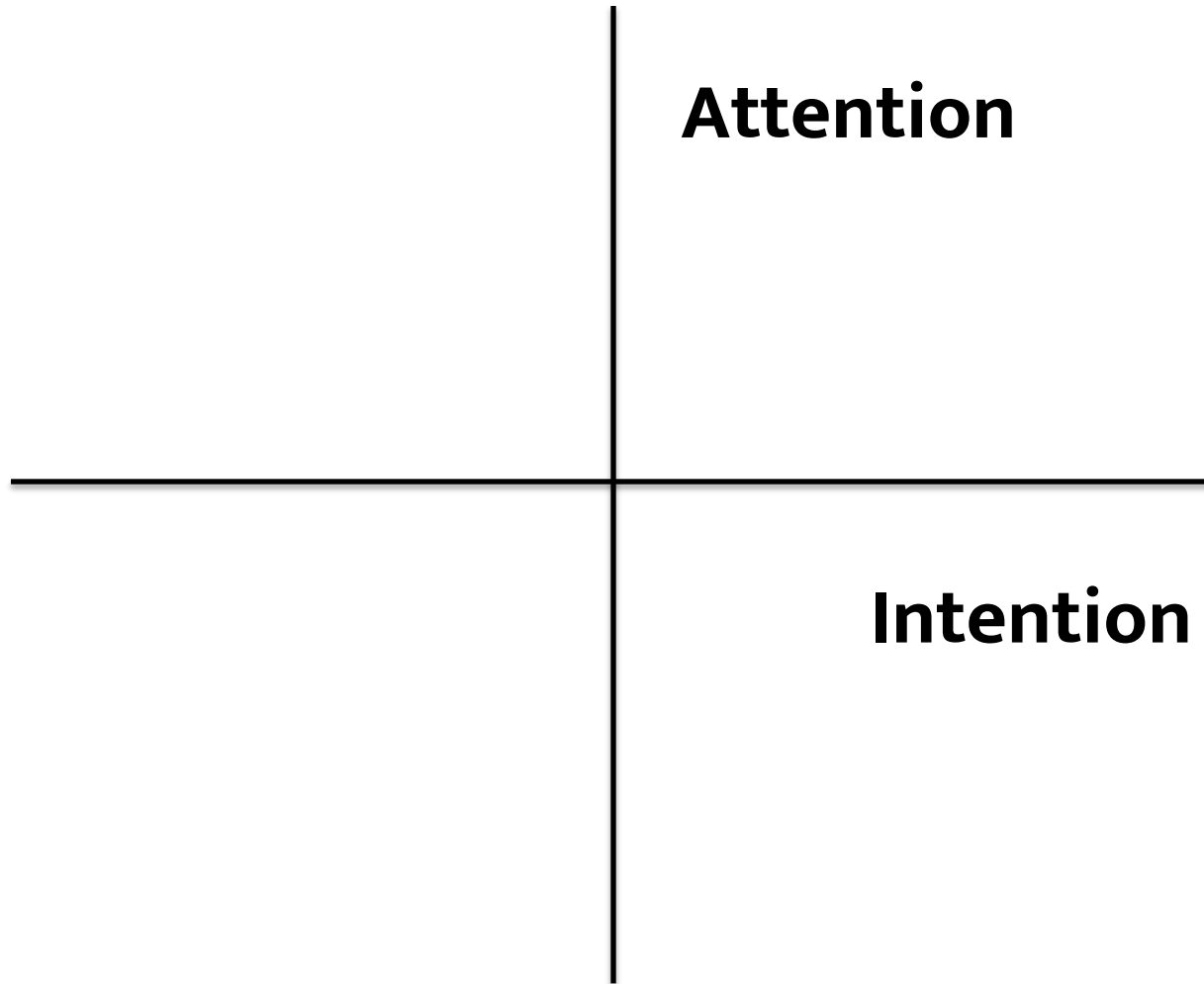
HAVING THOSE DIFFICULT CONVERSATIONS

ALIVE IN DEATH

ATTENTION//INTENTION

When you are communicating with someone it is important to know about intention and attention. Attention is noticing the various facets of communication. Intention is staying aligned and connected to an outcome or goal through time.

ATTENTION//INTENTION



ATTENTION

Attention is about what you are noticing in each moment through the distinctions you have available.

You may be aware of the voice tone, body language, and what's said in what context in a communication with a person.

INTENTION

Intention is about holding a focus for a specific outcome through time. This has to do with knowing what the intention or goal is of your communication and how you are going to communicate to achieve what you want to.

Steps

- 1. Think about a context when you will communicate.**
- 2. Notice to what extent you are able to train yourself to have an intention and pay attention.**
- 3. Notice if you can hold both simultaneously and how this is possible for you when you communicate.**
- 4. What will you pay attention to? In what way will you keep an intention?**
- 5. What did you learn and what was of value to you?**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).