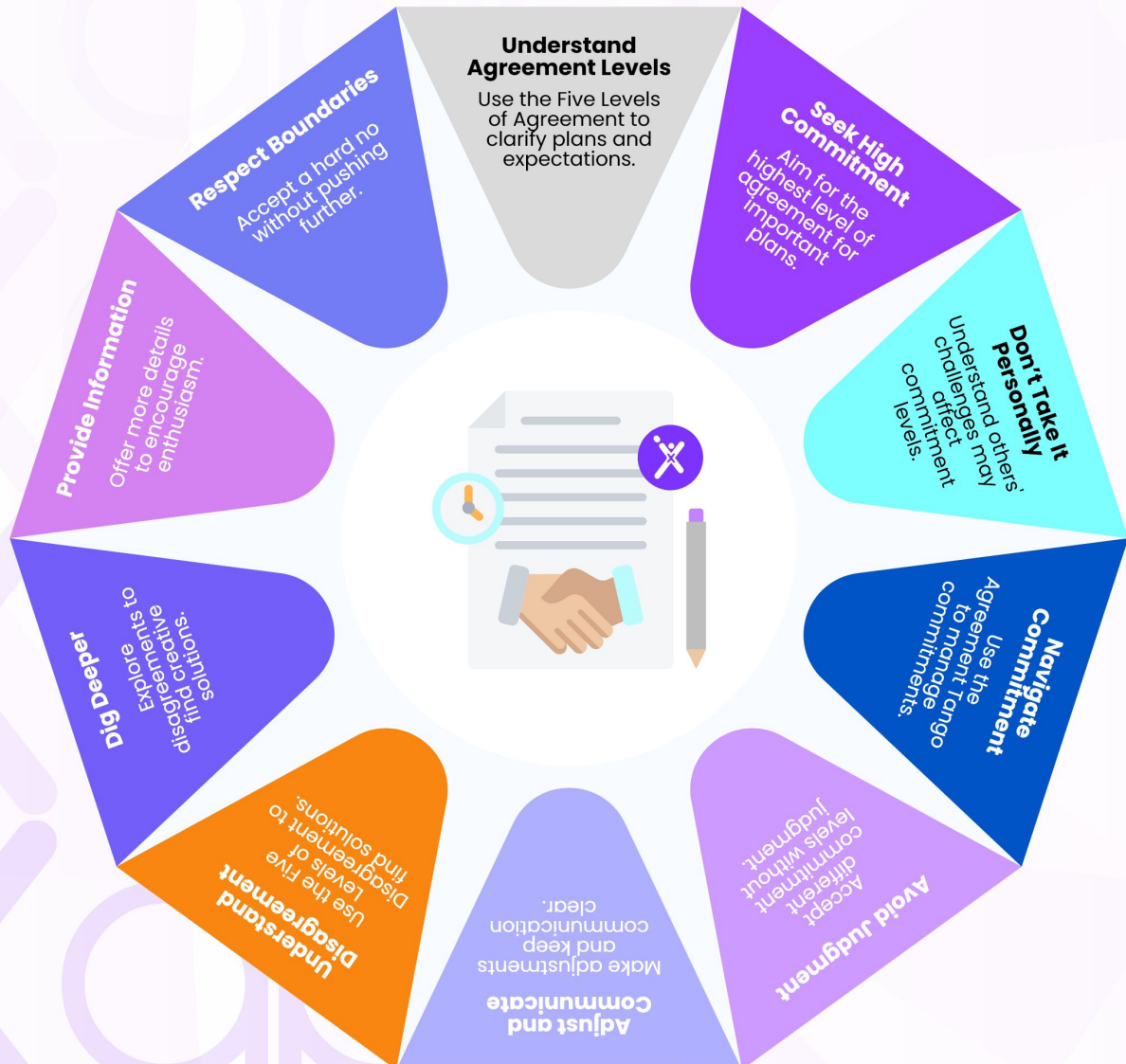


Making

Agreements that Stick

Learn to create clear and committed agreements, manage conflicts, and navigate disagreements effectively. This module focuses on understanding levels of agreement, managing commitments, and respecting boundaries.



Top 10 Teaching Points

1

Understanding the Five Levels of Agreement will help you make plans, comprehend and communicate expectations, and strengthen relationships.

2

When you're making plans with someone and you have a specific day/time/place in mind, make a note that you're seeking a Level 5 agreement (the highest possible)

3

Don't take mismatched levels of commitment personally, but remember that people could be juggling challenges that they just haven't mentioned.

6

Make adjustments depending on your values and priorities, and keep communication clear.

7

Rather than letting a conflict end a conversation (or a relationship), understand the Five Levels of Disagreement so you have room to negotiate, influence, and find a creative solution that works for everyone.

Judging either ourselves or others for being at different levels of agreement only leads to disappointment and conflict.

The Agreement Tango refers to the dance around commitment.

4

8

Rather than let the conversation end at the first sign of disagreement, get curious and try digging deeper to find a solution.

5

When someone seems wishy-washy about an invitation, there might be more information you can provide that enables the other person to feel more enthusiastic about your proposal.

9

If you hear a hard no, don't try to negotiate further, or you'll risk damaging your relationship with the other person or trampling all over their boundaries.

10

KEY

TAKEAWAYS

01 | Understanding Levels of Agreement

02 | Managing Mismatched Commitments

03 | Navigating the Agreement Tango

04 | Handling Disagreements Creatively

05 | Respecting Boundaries in Negotiation