**Need to improve your communication skills?**

Expressing yourself can be challenging, especially when you need to convey your feelings clearly, set boundaries, stay positive, and be firm and assertive. It's important to communicate your self-care needs, detox from unhealthy relationships, and embrace the power of saying no. Tanncan help you improve both your home and work life, grow in self-kindness, boost your self-confidence, recognize your strengths, live by your values, and eliminate energy drainers.

Common communication issues:

1. Undervaluing Their Own Voice:

 - Women often hesitate to speak up in professional or social settings, fearing they might be perceived as too assertive or dominant. This can lead to underrepresentation and a lack of confidence in their ideas.

2. Indirect Communication:

 - Women might use more indirect language to avoid confrontation or to maintain harmony. This can lead to misunderstandings or the perception that they are not being clear or decisive.

3. Balancing Assertiveness and Likability:

 - Striking the right balance between being assertive and maintaining likability can be challenging. Women may worry about being labeled as aggressive or bossy, which can impact their communication style.

4. Emotional Expression:

 - Women may be more expressive about their emotions, which can sometimes be misinterpreted as a lack of professionalism or composure in certain settings.

5. Difficulty Setting Boundaries:

 - Women might find it challenging to set and enforce boundaries, both personally and professionally. This can lead to burnout and feeling overwhelmed.

**Tips for Improving Communication:**

- Build Confidence: Practice speaking up and sharing your ideas in various settings. Confidence grows with experience.

- Be Direct: Practice being clear and direct in your communication. Avoid unnecessary apologies and qualifiers.

- Set Boundaries: Learn to assert your needs and set boundaries in a respectful manner.

- Seek Feedback: Regularly seek feedback from trusted colleagues and mentors to improve your communication skills.

- Self-Awareness: Reflect on your communication style and identify areas for improvement.

- Support Networks: Surround yourself with supportive networks of friends, family, and colleagues who uplift and encourage you.

Improving communication skills is an ongoing journey. It's important to recognize your strengths and build on them while addressing any areas that need improvement. If you ever feel stuck, remember that Tann is here to provide you with a safe and welcoming space where you can be authentically you. Breathe, sis! I've got you!