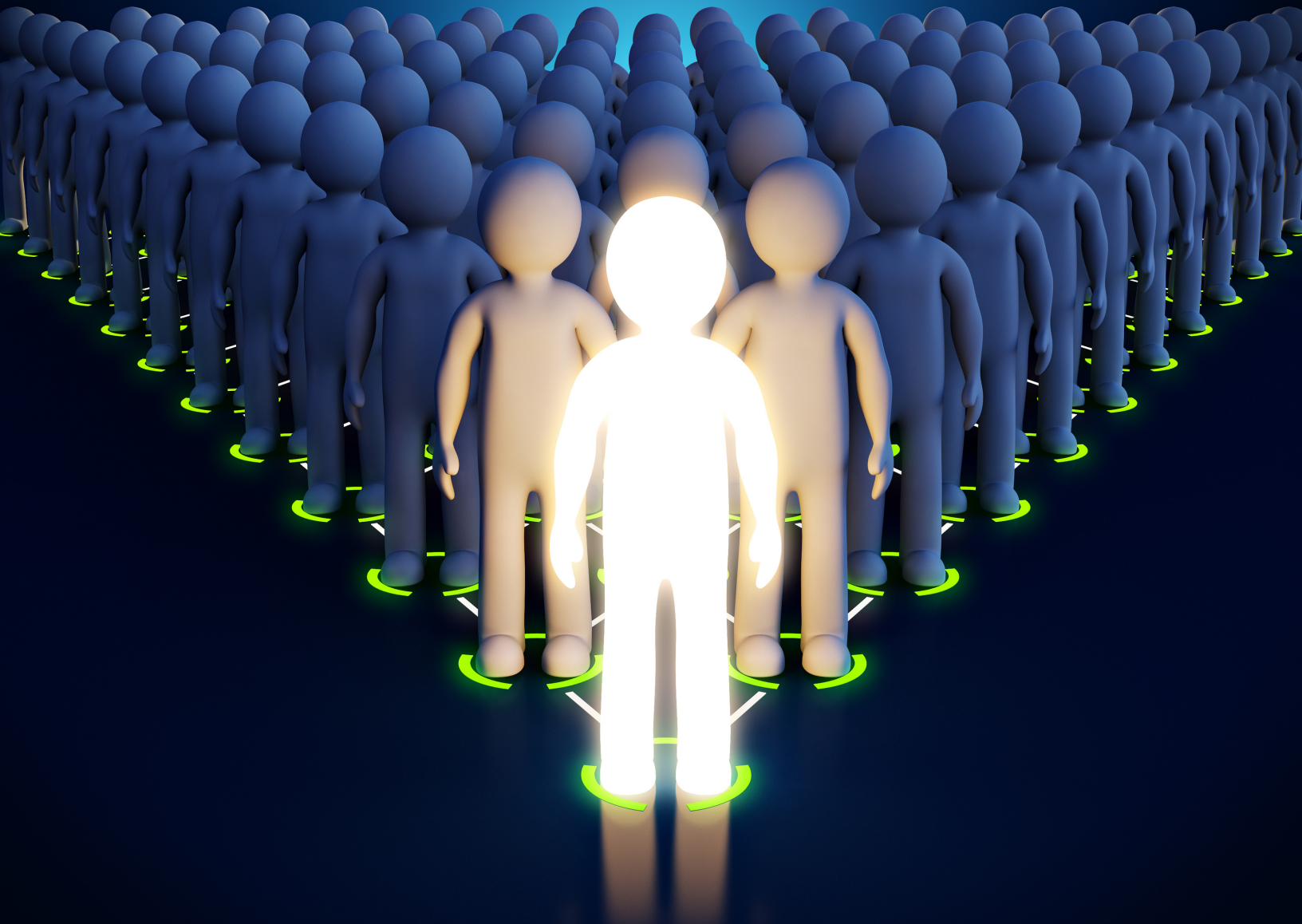




THE  
**JOHN BARRETT**  
LEADERSHIP PODCAST



# LEADER GUIDE





## Episode 3: Leverage Your Lungs

### NOTES:

The way we communicate has the power to either:

Construct or Destruct    Build or Bulldoze    Empower or Implode

Motivate or Mutilate    Exonerate or Assassinate

**Words** are truly like seeds that will eventually produce sweet \_\_\_\_\_ or bitter \_\_\_\_\_.

Bad Communication + Bad Competency = \_\_\_\_\_.

Good Communication + Bad Competency = \_\_\_\_\_.

Bad Communication + Good Competency = \_\_\_\_\_.

Good Communication + Good Competency = \_\_\_\_\_.

### 5 Reasons Why People Don't Communicate Well :

1) Too \_\_\_\_\_

2) Too \_\_\_\_\_

3) Too \_\_\_\_\_

4) Too \_\_\_\_\_

5) Too \_\_\_\_\_