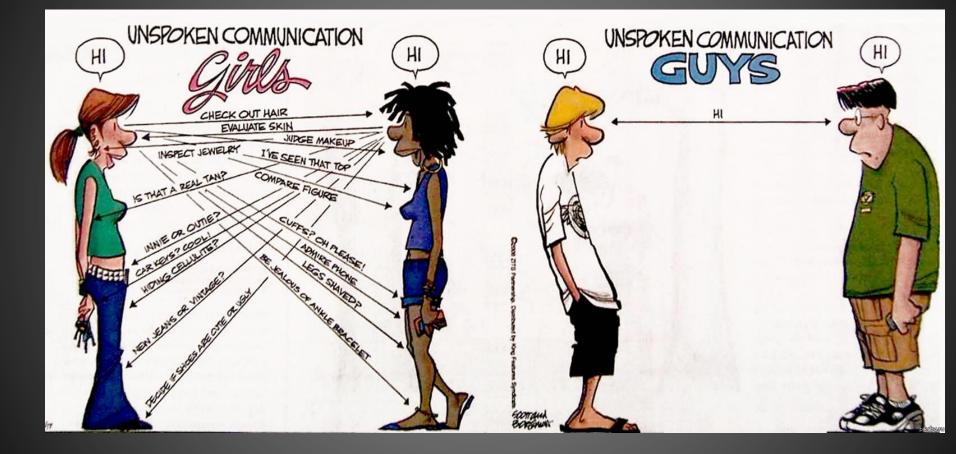
# CONNECTIONS AND COMMUNICATION

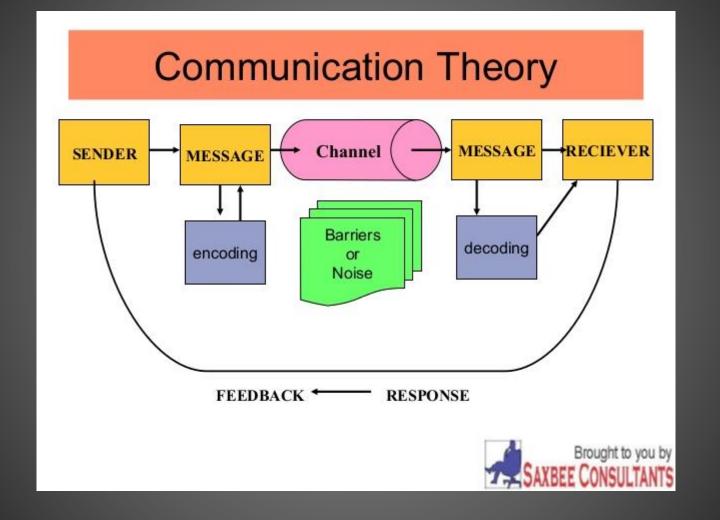
CENNZ Conference 2018 Strong Connections Giant Gains

#### COMMUNICATION

- Reviewing Communication theory
- Social Media and society
- Are you really listening
- My Story
- Human essence







### **Barriers to Communication**

- Language
- Culture
- Race
- Gender
- Psychological /Emotional State
- Age
- Time Constraints
- Illness
- Medication

- Judging
- Not paying attention
- Using technical Language
- Avoiding concerns
- Giving solutions or unwanted advice
- Power imbalance



# Social Media & Communication

#### Positive

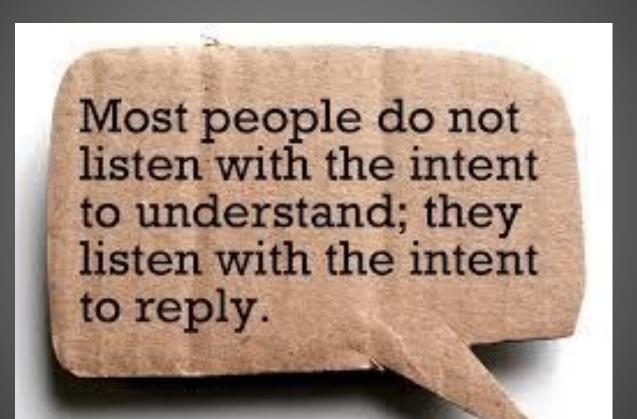
- Feeling closer to friends and whanau
- Perceived to have more friends, make new friends
- Raising money
- Awareness of others from diverse backgrounds
- Seeing places you have never seen
- Learning opportunities

#### Negative

- Decrease in quality of interpersonal communication
- Isolation
- Bullying
- Perception that you are not as beautiful as, as good as, or have the money to do as.....



#### Are you really listening?



Anna Tastan & Devry / Image Man Wellin.















### CONNECTIONS

#### Hinemoa Elder

Child and Adolescent Psychiatrist - PhD



### Te Aroha

Te Aroha Te whakapono Me te rangimarie Tatou tatou e



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