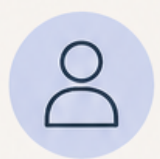


*We all carry things in*

# What are you carrying into your conversations today?



**We often focus on communication as a skill.**  
What to say, how to say it, getting it right.



**But we don't walk into conversations as neutral versions of ourselves.**  
We carry things in: pressure, tiredness, stress, things happening outside of work.



**And so does everyone else.**  
When we don't recognise that, communication can feel harder than it needs to.



**This week, just try noticing:**

- ✓ What am I carrying right now?
- ✓ What might the other person be carrying?



A small shift, but it can **change how we respond.**