



Check it Out/ The Interaction Model

District 86

November 13th, 2021

9:15 a.m. CST 10:15 a.m. EST

Monique Levesque-Pharoah, DTM, PRA, PID



▶ Contact Information

- Email: mlevesque-pharaoh@toastmasters.org
- Email: mlpharoah@yahoo.ca
- Phone: (204) 599-2441

The Echo Pandemic

Since March 2020, the world has been coping with a pandemic. Now, we are starting to deal with the echo pandemic, which is the impact the pandemic has had on our mental health.

Now, more than ever we need to qualify our perceptions, take a pulse on how people are feeling and check out what their expectations are.

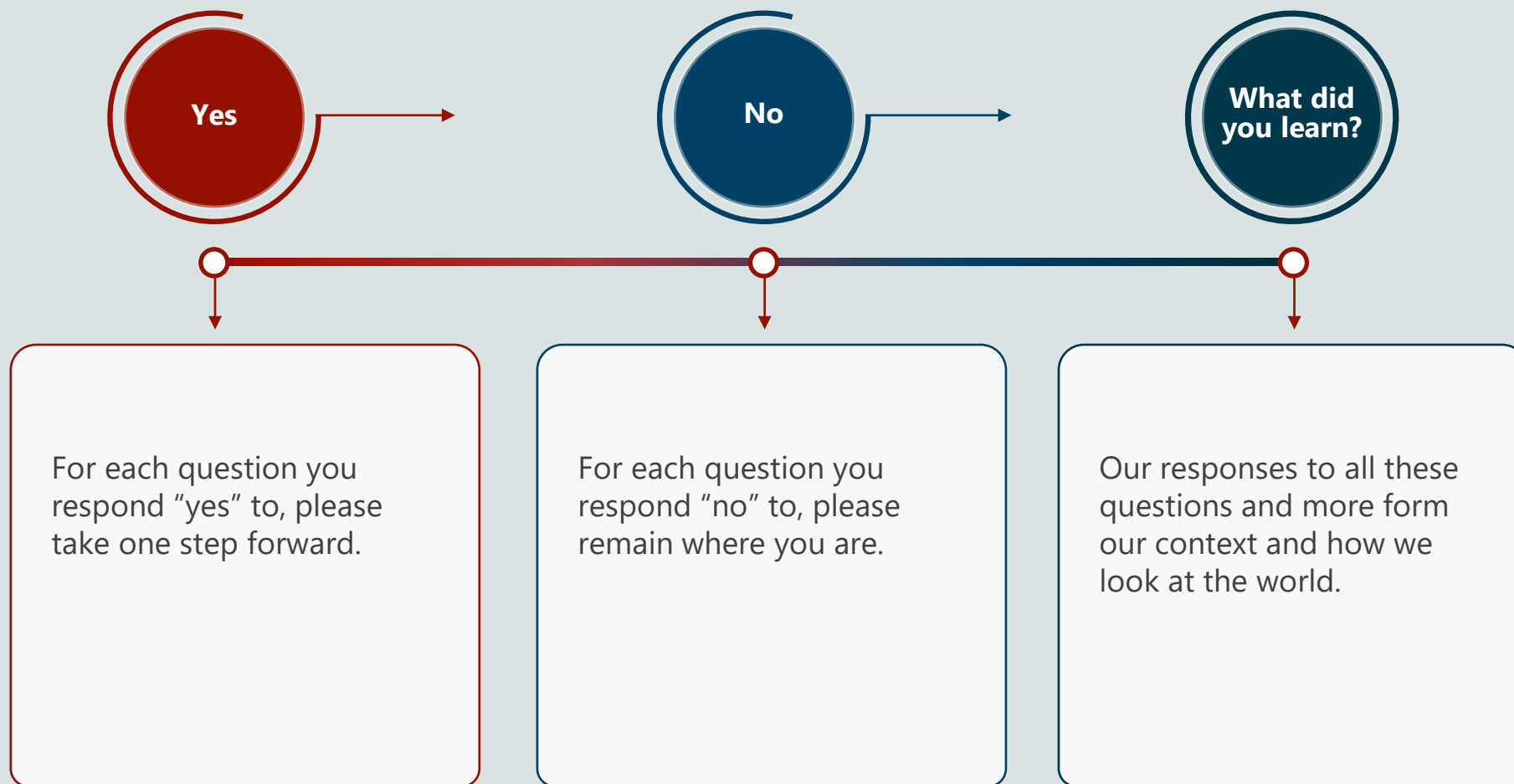
The Interaction Model

At the heart of the interaction model is a keen understanding and awareness that we all approach life differently. We therefore need to consistently check for mutual understanding.

Activity: The Interaction Model



Activity: The Interaction Model



The Interaction Model Process

1. Ask: "Can I check something out with you?"
2. State: "I notice _____."
3. State: "I interpret that to mean _____."
4. State: "And that makes me feel _____."
5. Ask: "Is my interpretation correct?"
6. State: "What I need is _____."

The Interaction Model Demonstrated & Practiced



Questions?