



Heart to heart(s) communication @ work: Universal values of Buddhism to inspire open, compassionate and effective communication

Dorotea Brandin

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The book enables you, the reader, to connect to your deeper motivations and values when communicating at work. Enlarging your awareness, you develop the capacity to listen and observe while facilitating dialogue with flexibility and wisdom. For many years, I have translated in mundane terms some of the basic principles of Buddhism to enable corporate clients of different backgrounds and religious beliefs to access its richness. In the process, I have seen people deepen their own values and reconnect to their personal religious (or philosophical) beliefs. As a result, they have succeeded to putting their heart into communicating in a sincere, open and respectful manner. They have learnt to express themselves in a compassionate way, while remaining effective and professional. They have managed to be themselves in a rounder and more generous way, fully receptive to the needs of their audience or interlocutors. The fundamental goal of this book is to help you access and activate the 'Intelligence of your Heart' and bring out the best in yourself and others within a highly competitive work environment.

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