



# Values In Action: Communicate With Purpose

Michael Alvarado  
HR Administrator



# Objectives

- Your Personal Values/Needs
- Communication
- Power Of An Email
- Teambuilding

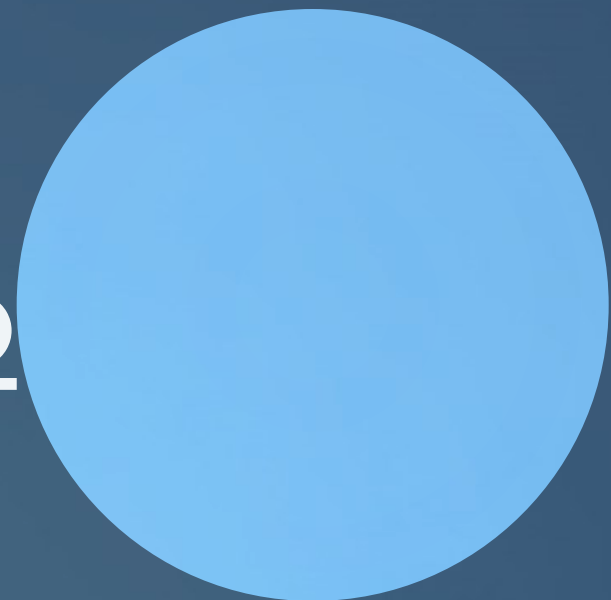




- **What Are Your Values?**
- **What Are Your Needs?**



Video







# Communication

- How Can We Communicate Better?
- How Do We Improve?

# The Power Of An Email





**Activity**



***To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.***

– Tony Robbins, author, speaker, coach





# Thank You!

Michael Alvarado,  
HR Administrator

(858) 974-2311