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**Some More
Words of Wisdom
from the team at
Pride 365 Certified**



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Today is Wisdom Wednesday: Today we realise that words are not always the answer. Although communication is key, words are such a small part of that. Instant messaging has reduced language into pixel form and so much can be lost in translation. Face to face communication is often more effective due to the presence of expressions. Sometimes to get a point across it is not words we need at all but actions. Silence with actions (or even stillness) can sometimes say more than words and when we are with those who are willing to listen, we can all connect on a much deeper level. Although we might not want to connect with

everyone like that, nor even be understood to that extent, boundaries are important. A positive step is to remember, that in your next conversation, it might be a lack of communication and understanding that causes us to become negative rather than anything else.



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