



# 6 Tips for Hopeful Clinical Communication

Make your clinical communication hopeful with these 6 helpful tips:

**1**

## Build Trust

Build trust by being empathetic, honest, and open in every conversation.

**2**

## Be Compassionate

Use body language, ask questions, reflect content & feelings and avoid judgment. Be mindful of when to give advice.

**3**

## Give Clear Information

Provide information with clarity and detail. Ensure the person has understood. Provide digital and/or print materials.

**4**

## Focus on the Person

Address the unique needs of each person by soliciting feedback and adjusting your approach accordingly.

**5**

## Make Time

Leave enough time to answer questions, give clarifications, and make space to absorb the information.

**6**

## Engage in Self-Reflection

Observe your thoughts, beliefs & behaviours. Consider their impacts. Be open to change and growth.

Having hope is about positive outcomes, quality of life, awareness of probable futures, and acceptance of circumstances.

[For more hope resources visit the Hope Lit Database.](#)