

Improving relationships using four simple phrases

Educator explores the power of positive face-to-face communication

OTTAWA, Ontario – With most modern communication across the personal and professional realms happening over email and social media, are people losing the power of face-to-face, spoken conversations?

Educator and businesswoman Dr. Cheryl Bauman believes that effective communication is personal, positive and purposeful. Inspired by the change in her own relationships, Bauman seeks to share with others the need for a change in people's communications.

"People are created to be connected with each other," Bauman said. "Unfortunately, I've noticed that as a society we are not often nurturing our relationships in a personal way, and instead, we are relying heavily on social media to develop and maintain connections with others."

To help counteract the negative effects of social media and distance, Bauman encourages people to use face-to-face communication whenever possible, in particular with business and important personal matters, due to the allowance for conflict resolution and non-verbal cues.

Bauman explores the power of the spoken word and shares four simple, yet powerful, phrases for better communication in her new book, "Just Say It!". Focusing on the importance of self worth, positivity, forgiveness, spirituality and purpose, "Just Say It" gives readers the tools they need to create meaningful, honest relationships.

"By speaking positive messages to the people around me, it changed the way that I not only thought about myself, but also the way that they thought about me and about our relationship," Bauman said. "By committing to adjust our communications in these ways, we can all change our interactions with others for the better."

For more information, visit www.justsayit.today.

"Just Say It!"

By Dr. Cheryl Bauman

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Available in softcover, hardcover, e-book

Available on [Amazon](#), [Barnes & Noble](#), [Chapters Indigo](#) and [WestBow Press](#)

About the author

Dr. Cheryl Bauman earned her doctorate in education from the University of Southern Queensland, Australia, and received the ACEL Queensland Research in Educational Leadership and Management Award. She teaches for the faculty of education departments at several Canadian universities, works on research projects for an international university and owns a communications consulting business. Bauman currently resides in Ottawa, Ontario, with her husband Pino and their daughter Sara.

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