



## Getting the Reps with: Olympian Julie Foudy

### Learning to Disagree

#### Key Takeaways

- Make it a discussion instead of an argument. Listen, ask questions, be curious!
- Consider, if you were in their shoes, how would you feel?
- Come at it from a place of humility instead of arrogance. It's not about being right but about having an opportunity to learn about how someone else feels.
- It helps your team or organization when you can show vulnerability and a willingness to learn. It's okay to say, "I don't know."

#### Things to Think About

- What is your first instinct when you disagree with someone? Do you speak up? Stay quiet? Get angry?
- Do you try to convince someone they're wrong or listen to how they feel? What can be helpful about listening with an open mind?

#### Ways to Practice

- Tell a partner about a recent disagreement you had and try to explain the other person's argument from their point of view.
- Next time you disagree with someone try to listen to what they're saying and make it a discussion vs an argument.

