



## Resources – DEAR MAN

- <https://www.skillsyouneed.com/rhubarb/conversation-tips-get-what-you-want.html>
- <https://sunrisertc.com/dear-man/>
- <https://www.youtube.com/watch?v=TQ33fPD7ntA>
- <https://www.youtube.com/watch?v=EC-M59r-0jg>
- <https://motivationandchange.com/communication-is-hard/>