AMBIENT THREAD FOUNDATION

Conversations in Noisy Places



A quick checklist for you and the people you're speaking with.

1 PLANNING THE CONVERSATION

LOCATION
Find a quieter spot when possible.

TIMING
Pick a time with less background noise

FORMAT
Choose a format that works for everyone

2 SET UP A BETTER LISTENING ENVIRONMENT

Face each other in good lighting

Reduce competing sounds and include text as an option

Ask one person to speak at a time

3 PHRASES YOU CAN USE

"Could you say that again?"

"Could we speak one at a time?"

"Could we pause or move somewhere quieter?"

4 HAVE BACKUP OPTIONS

"Can I text you?"

Use captions or write it down

Switch environments when needed

CONVERSATION PREP CHECKLIST

- [ ] Choose the setup together
- [ ] Confirm the format
- [ ] Plan a backup
- [ ] Bring what helps

Ambient Thread Foundation's goal is connection, not perfect listening.

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