

## The BME ARC System Explained



Use **ARC** when you start a conversation with any level of complexity at all.

I'm Asking for your help with

The Reason is because I need

The Context is (where you share the backstory and all the details).

Don't start with the backstory, it will overwhelm the other person. Start with a clear **ask**, share the **reason**, and then get into **context**. This will make your communications direct, powerful and valuable.

