

Passport Series to Better Conversations

Thursdays, July 21- August 11 from 5-6pm

Everyone has faced them. Asking the boss for a raise. Confronting a colleague on a misunderstanding.
Discussing a sensitive issue with a loved one.
A difficult conversation can be a confession, request, clarification
or anything that creates a nervous or fearful reaction in the body.

*"Each person's life is lived as a series of conversations."
~ Deborah Tannen ~*

Do you find yourself:

- ✦ Struggling to find the words to share your thoughts or feelings?
- ✦ Unable to confront someone, without yelling or crying?
- ✦ Rehearsing your conversations over and over, and then losing courage to start them?
- ✦ Not feeling heard or never getting what you want?
- ✦ Afraid of how people will react?
- ✦ Having a difficult time getting your point across?

In this teleclass we will:

- ✦ Read chapters in the book, Difficult Conversations by Douglas Stone
- ✦ Call into a teleconference line at 5pm on Thursdays
- ✦ Discuss the chapters' essential points in overcoming difficulties in conversation
- ✦ Explore where attendees are stuck in effectively communicating their wants and needs
- ✦ Coach through the obstacles and assist attendees on taking steps to better conversations

Logistics, Registration and Price:

- ✦ Thursdays, July 21 to August 11, 2011, 5-6pm
- ✦ \$45, plus the cost of the book
- ✦ Registration deadline July 17, 2011. To reserve a spot, please send a \$45 to One Journey Consulting, at the address above or register via paypal at <http://www.OneJourneyConsulting.com/Calendar.html>.
- ✦ For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

Renée Cooper is a Harvard-trained Executive Coach and Workshop Leader. She has been studying personal growth through divorce for eight years, and is writing a book on the subject. She is the founder of One Journey Consulting.

Diane Hall is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. Di is a partner at One Journey Consulting.

"Difficult conversations are just that – difficult and nerve raking. Many of us shy away from them because we never learned how to navigate them. This class teaches you tools that can help you navigate difficult conversations. You actually are taught how to describe a situation and validate what the other person is saying. It reminds you that it is important to stay open to what the other person has to say. It gives you words you can use to stay connected while asserting how you feel. Most importantly the class teaches you skills that you can use to help strengthen your relationships and navigate difficult ones. I am so happy I took this class and it has helped me to become more connected with family and friends." ~H.K.