

Communication & Influence Workshops

Master the art of connection. Speak so others truly hear you. Lead without relying on authority.

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DISC Communication Workshop Speak Their Language. Lead with Clarity.

Ever walked away from a conversation thinking you were crystal clear—only to find out later the other person heard something completely different? This workshop helps you decode communication gaps and bridge them with confidence.

- The four DISC communication styles and what they reveal
- How to recognize different styles in others
- Strategies for flexing your style with clarity and empathy

Format: 60-or 90-Minute Session

Delivery: Virtual or in-person

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What's Your Influencing Style? Lead without authority. Motivate with intention.

In today's collaborative workplaces, influence matters more than authority. Success depends on your ability to shape ideas, inspire action, and build alignment—especially across teams and functions where you have no formal power.

- Discover why influence is essential in your role
- Learn the 5 core influencing styles and identify yours
- Practice adapting your approach to connect across differences

Format: 60 or 90-minute session

Delivery: Virtual or in-person

What Every Workshop Includes



Interactive Exercises

Hands-on activities that bring concepts to life and create memorable learning experiences you can apply immediately.



Real-World Scenarios

Practice with situations you'll actually face, so you leave feeling prepared and confident for what's ahead.




Coaching-Style Prompts

Thoughtful questions that encourage deeper reflection and help you understand your unique patterns and strengths.



Practical Takeaway Tools

Comprehensive resources and reference materials you can return to again and again as you continue developing your skills.

 **Ready to elevate how you communicate and influence?** These workshops are designed for leaders, managers, and professionals who want to lead through **collaboration, not control**—and connect with more clarity, confidence, and authentic presence.

Managing Conflict: From Avoidance to Alignment

Turn tension into transformation. Lead with clarity, courage, and connection.



Does "conflict" make you cringe?

You're not alone. Many of us avoid tough conversations—not because we don't care, but because we're unsure what to say or afraid we'll make things worse.



Conflict isn't the enemy

When handled with intention, it becomes a powerful tool for clarity, connection, and growth. This session transforms how you approach difficult moments.

What You'll Learn in This Interactive Session

01

Healthy vs. Unhealthy Conflict

Learn to distinguish between productive tension that drives growth and destructive patterns that create harm. Understand the signs of each and how to shift the dynamic.

02

Your Personal Conflict Tendencies

Discover your natural responses to conflict and how they show up in real situations. Self-awareness is the foundation for more effective communication.

03

Three Essential Skills

Practice concrete techniques to stay grounded and effective in challenging conversations. These tools help you remain calm, clear, and connected under pressure.

What to Expect

- Coaching-style prompts that encourage deeper reflection
- Real-world scenarios you can relate to immediately
- Guided reflection exercises for personal insight
- Tools you can use the very next day

Session Details

Format: 60 or 90-minute session

Delivery: Virtual or in-person

Includes: Comprehensive slide deck and practical takeaway tools

Ideal for: Leaders, teams, and professionals ready to lead with more **courage** and less reactivity

Let's take the fear out of conflict—and turn it into a catalyst for growth.