



Facilitating Important Conversations

MOTIVATE & ENGAGE

Strategic Communication Skills

Great Leaders are great communicators. In fact, leaders do their work by communicating. As such when leaders meet, negotiate, write, or network they can either clarify or confuse, motivate or demoralize, engage or enrage their people. Leaders who acquire strategic communication skills, mindsets, and attitudes set themselves apart and enjoy successes that others do not.

Who We Are

Optimum Performance Coaching is an industry standard with construction associations and companies committed to transforming leadership to meet the needs of the 21st century.

Why Optimum?

The ability to connect with each individual and identify the specific style that will maximize their individual success as well their team contributions is unparalleled.

The Optimum Difference

- Programs that empower both your mental and physical strength
- Flexile coaching & learning plans to suit you or your organization
- Engaging facilitation
- Real world professional development for both employees and management

www.optimumperformancecoaching.ca

Contact us to see how we can optimize your performance!

778.922.1507 | TONY@OPTIMUMPERFORMANCECOACHING.CA | VICTORIA, BC

FACILITATING IMPORTANT CONVERSATIONS

COMMUNICATION SKILLS
MOTIVATE & ENGAGE



LEARNING OUTCOMES

UPON SUCCESSFUL COMPLETION OF THIS WORKSHOP, YOU WILL BE ABLE TO:

- ✓ Identify the components and workings of the Emotional Brain and relational feedback loops.
- ✓ Identify the anatomy/structure and dynamics of a relationship.
- ✓ Create a safe, trusting environment within which the conversation can proceed and evolve.
- ✓ Use a coach approach to identify the root issues in a difficult conversation – What’s really happening?
- ✓ Employ active listening skills that will ensure that all parties are heard, seen and understood.
- ✓ Apply techniques like labelling and re-framing to disarm emotional triggers and disrupt emotionally patterned behaviour.

LEARNING OUTCOMES CONT..

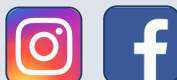
- ✓ Provide effective feedback that promotes growth and engagement.
- ✓ Strengthen existing relationships and foster new ones.

REALLY GREAT LEADERS MOTIVE, ENGAGE AND INSPIRE

Leaders who acquire strategic communication skills, mindsets, and attitudes set themselves apart and enjoy successes that others do not. They understand that the most important thing a leader must do is ask the right questions and listen attentively for the answers. They know how to effectively communicate vision, initiatives, tasks, ideas and strategy to all levels of the organization. Simply put, leaders who know how to communicate inspire their people, strengthen their companies, and increase competitive advantage!



GET SOCIAL!



778.922.1507



TONY@OPTIMUMPERFORMANCECOACHING.CA