

the art of

COURAGEOUS conversations

Speak Up! The Art of Courageous Conversations Overcoming Fear and Anxiety in Workplace Interactions

Build your confidence to speak up in all workplace scenarios from one-on-ones to meetings; including the ones you would normally shy away from.

CALL 1:

Unpacking the anxiety, fear and conflict.

Walk away clear on exactly what scenarios leave you anxious and fearful or seem like conflict so we can resolve them in this programme.

CALL 2:

If I don't speak up, then what?

Understand clearly the impact on you and your health, wealth and peace of mind if you don't speak up. Plus experience first hand that it's easier to speak up than you previously thought.

CALL 3:

Checklist for Courageous Conversations.

Feel the relief and support of understanding how to use your empowerment card in all workplace scenarios.

CALL 4:

Practising the Art of Courageous Conversations.

Build your confidence to speak up in a variety of workplace scenarios as we practise the art of courageous conversations together.

CALL 5:

Reduce the heat when angry and increase your power to speak up.

See how reducing the heat when you are angry increases your ability to speak up powerfully, thereby creating freedom for you and connection with others.

Weekly; Fridays 11am to 12noon

Start date: tbc, consecutive Fridays tbc;

Maximum 15 people | Tuition R2295 pp | Groups of 5 or more pay R1995 pp

An easy-to-use Zoom link will be provided for each online call.

[CLICK HERE TO REGISTER NOW](#)