



## About the Learning Process

### **Results \* Connection \* Support \* Research-based**

When communication is easy, you are successfully using your preferred style of communication. You comfortably express yourself and process information.

What about those interactions *when you are frustrated, confused and even angry?*

The focus of the 3 workshop sessions and optional individual mentoring sessions is designed for you to learn how to adjust, when necessary, your preferred style to match others.

The 3 sessions are scheduled weekly or every other week to provide time to learn and apply information and tools that build on each other.

Each of the 4 communication styles has strengths and challenges. This information will be at your fingertips!

Now the communication channel is even more open. Apply strategies based on an easy-to-learn, data-based system.

**Note:** 3 Mentoring Sessions, 20 minutes each, can be used during the 3 workshop session timeframe or after, for an additional 3 months.)