

Communications Workshop

REVITALIZE YOUR TEAM WITH COMMUNICATION SKILLS THAT FOSTER CREATIVITY, CONSENSUS, AND WIN-WIN CONFLICT RESOLUTION

Does your team struggle with unresolved issues, conflict avoidance, and residual emotions that limit creativity and harbor resentments? In this workshop you will learn to harness the creative energy that comes from diversity that's well managed. Topics include:

- Nonviolent communication
- What's better than getting everyone to agree?
- 3 levels of communication
- 4 types of communication
- Active listening skills you can actually remember and use
- Clear structure and flow for managing difficult conversations
- Healing past wounds
- How communicating with words gets us in trouble and the alternatives
- How can sprints transform your toughest issues?
- When to get professional help for broken communication

This workshop is a combination of instruction and active engagement. Bring your toughest issues and see how they can be successfully addressed and, seemingly out of nowhere, creative solutions emerge.

Facilitator: Dr. Thomas Lucking is an expert communicator. Before receiving his doctorate in psychology he worked for major technology companies including Microsoft and Texas Instruments. In all these roles he was fascinated with the human interactions that drove creativity and fostered optimal engagement. He is the director of Silicon Valley Therapy, a mental health practice serving the Bay Area and beyond. Dr. Lucking has worked with hundreds of teams, couples, and families to resolve their toughest issues and successfully support prosocial interactions. Contact Dr. Lucking to learn more or schedule a communications workshop for your team.

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