

CONNECT COMMUNICATE COLLABORATE™

MAKE EVERY CONVERSATION COUNT

Understand why the brain labels others as either *friend* or *foe* in .07 seconds

We're hardwired for connection and belonging. In this session, participants will discover what it means to be neurologically optimized for collaboration, innovation, and high performance through conversations. By diving into the neuroscience of trust, belonging, and communication, participants will learn the impact the quality of our communication has on our ingenuity, creativity, and intelligence.

TOPICS INCLUDE:

1. Understand why your brain labels others as *friend* or *foe* in less than .07 seconds and the impact this has on your interactions.
2. Learn the three sub-cognitive questions our brains are continuously asking and how this knowledge will significantly influence the trust you create in relationships
3. Understand the role of cortisol and oxytocin in your conversations and practice tools to influence your neurochemistry - optimizing innovative problem solving
4. Discover three shifts in listening and speaking that can move someone from resistant to open-minded.

ADDITIONAL CONTENT

- 🔥 Engaging Meetings and Speaker Anxiety
- 🔥 Concise Memorable Stories
- 🔥 Executive Presence and Gravitas
- 🔥 The Burst Diamond Presentation Framework



MEET YOUR COACH:

Amy is a certified Executive Coach using expertise in transpersonal psychology, design thinking, interpersonal neurobiology, and **Conversational Intelligence®**.

Amy graduated from UC Berkeley with a B.A in mathematics and has an M.A in transpersonal psychology from Sofia University. She also frequently instructs students at Stanford University and UC Berkeley as part of their professional development programs.

FLEXIBLE TRAINING OPTIONS

- In-person / Hybrid / Virtual
- Client Scenarios Integration (Add-On)
- 1:1 Coaching Integration (Add-On)



BURST TRAININGS
Connect. Communicate. Collaborate.