

CONNECT  
COMMUNICATE  
COLLABORATE™



## WOMEN IN THE WORKPLACE: CONDITIONING

### Coping with internal and external “triggers”

We provide a transformational training that focuses on recognizing, understanding, and overcoming “triggers” that affect how we communicate. Triggers vary widely from person to person and include: anxiety, feeling overwhelmed, and being vulnerable.

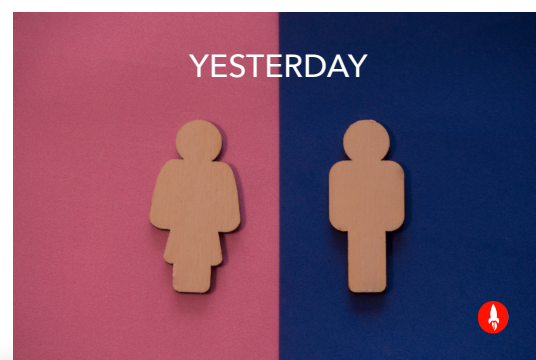
Our learning path will include how to communicate effectively while coping with internal or external triggers.

#### TOPICS INCLUDE:

1. What is a the difference between internal and external triggers?
2. Fight-or-flight responses
3. Anticipate environments that are counter productive
4. Coping strategies
5. How women “RISE” and the “Confidence Code”

#### LEARNING PATH INCLUDES INFORMATION FROM:

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



#### FLEXIBLE TRAINING OPTIONS

- In-person / virtual
- 120-minute / 1/2 day / full-day
- Client view point integration
- 1:1 Coaching availability

