



How we interact with others, how we solve problems, manage conflict is a direct reflection of our communication with our self and others. There are 5 fundamentals driving effective communication: Trust, Clarity, Language, Relevance, and Feedback. Keep in mind demonstrating success in this and any area is 20% skills and 80% mindset. Emotional intelligence is an essential base to effectively implanting the 5 Fundamentals.

The Energy of Thought

Understand and experience the basic factors that influence and drive emotional intelligence.

We will do a powerful exercise to experience the power of our words, our actions and our thoughts that make up our personal energy..

Effective and Efficient Communication

Communication is always an interaction. Maintaining perspective is key to success in any interaction so that each party feels heard and understood. We break out into groups to do a role-play exercise that powerfully shows the value of perspective in any conversation or conflict.

Speak into others listening

In order to be an effective communicator you need to know what others are listening for. Identifying your personality type and how you communicate will help you better understand other personality types and how to better communicate with them. Evaluate your listening skills and identify areas to practice.

Communication Channels Tips and Challenges

We will review different mediums of communication and create greater awareness of what works and what doesn't work on those platforms. We will discuss tips to increase efficiency and effectiveness in communication across platforms.

Heighten Awareness of communication profile

Through effective role play identify the strengths and weaknesses in your communication style and practice the fundamentals of effective communication.



Penny Zenker is an international speaker and best-selling author. She is passionate about helping people live more fulfilling lives through reducing stress, improving communication, and creating greater passion and focus. Her experience includes building and selling a multi-million dollar business, managing business turnarounds, living abroad for 16 years, and worked 5 years a Tony Robbins business coach. She will challenge you to think differently and inspire you to be your best. Her easy to understand frameworks make implementation fast and easy.