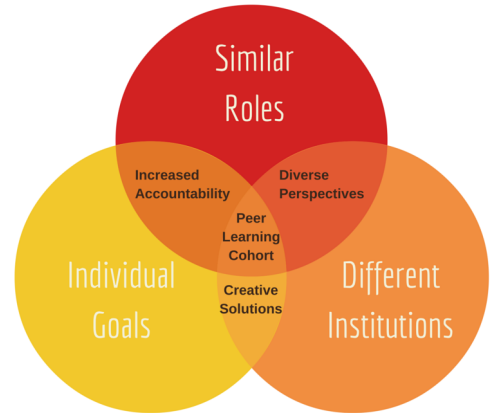


## Virtual Group Coaching for Improving Communications

*Would you like more satisfying outcomes from challenging conversations?*

*Have you had difficulty applying communications tools you've learned in training?*

*Does your communication style result in unintended consequences?*



**This four-month long virtual coaching group will focus on enhancing participants' communications skills, particularly as managers and supervisors.**

With Virtual Group Coaching you experience the same confidential, individualized focus on development as in one-on-one coaching within a dedicated cohort of peers. Tele- and video-conferencing bring the convenience of the meeting to you, wherever you are.

Participants in this group want to improve their communications competence, confidence and outcomes. Pre-work assignments will provide content and context for the basis of discussion. Virtual meetings will include discussion of current challenges as it relates to the session topic, coaching to support individual goals, and sharing of diverse perspectives and experiences. In addition to taking a deep dive into communications practices, simple mindfulness techniques will be introduced and practiced to support stress management, improved focus and self-awareness.

### **Coaching group participants can expect to learn:**

- What is "effective communications"
- How to diagnose a communications difficulty
- How thought processes can impede communications
- The impact of non-verbal communications
- How to effectively prepare for conflict
- How to give and receive productive feedback

**Fall 2016 Session dates/time:** Fridays at 10-11:30am (9/16, 9/30, 10/14, 10/28, 11/4, 11/18, 12/2, 12/16)

**Cost:** \$1500 per person

**Registration:** go to [www.cclearconsulting.com/virtual-group-coaching](http://www.cclearconsulting.com/virtual-group-coaching) and click on "REGISTER"