



Courageous Conversations

What do you have the courage to say? For so many, it is easier to say nothing and to avoid conflict. Then there are others who speak from emotions and take the risk at creating an unfavorable interaction.

Setting a clear intention on how you want the conversation to be and feel is what is most significant. When you come from a heart-centered place, you are open and curious. This expands your perspective and energy and allows you to share and receive the information in the most effective way.

In this workshop, participants will learn to authentically listen and have compassion for others who may be speaking from a passionate and undesirable place.

Finding the courage to bring harmony in all conversations will create lasting and meaningful connections.

Participants will learn:

- Defining a courageous conversation
- Setting a clear intention
- How to authentically listen from your heart
- Responding with understanding and empathy
- Finding practical approaches to create resolutions

SPEAKER

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SPARK Creations is a heart based leadership and empowerment organization that provides highly interactive and fun experiential learning and development, strategic visioning and leadership alignment, and people and culture programs for individuals, teams and organizations. As the Co-Founder and Creative Essence Originator (CEO), Lorie is energetic, driven, and tireless in her pursuit of self development and people contribution. Over the past 18 years, Lorie has cultivated her coaching, leadership development, and people and culture development experience as both a strategic and progressive senior human resources leader. Lorie is also the Co-Chair for the BC HRMA Learning and Development Roundtable, the Director of Leadership Development, Leadership Coach and Facilitator for Corporate Symphony International, and the Co-Founder and President of Enspire Foundation.

BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes