

THE BRAVE CONVERSATION

From Fear to Courage

A new approach for turning even the most challenging conversation into a productive dialogue.



A Compassionate and Creative Approach to Crucial Conversations

By Alisa Deitz

“Much unhappiness has come into the world because of things left unsaid.”

—Dostoevsky

How we engage with others is key to achieving our life’s goals. Mastering the art of initiating effective, open, and curious dialogue can positively affect your business, your personal life, and your ability to boldly step into your dreams. And the ease and power we bring to our conversations can make or break the outcome. Facing and embracing the challenge of being clear and real about whatever we need to say, and with whomever we need to say it to, is a critical skill. It might be someone we need something from, or someone who needs something from us, or someone we care about deeply.

Mastering Courageous Conversations

With insight and practice, regardless of our innate communication skills or comfort level, we can cultivate all of our conversations to become emotionally accurate, beneficial, compassionate, and meaningful.

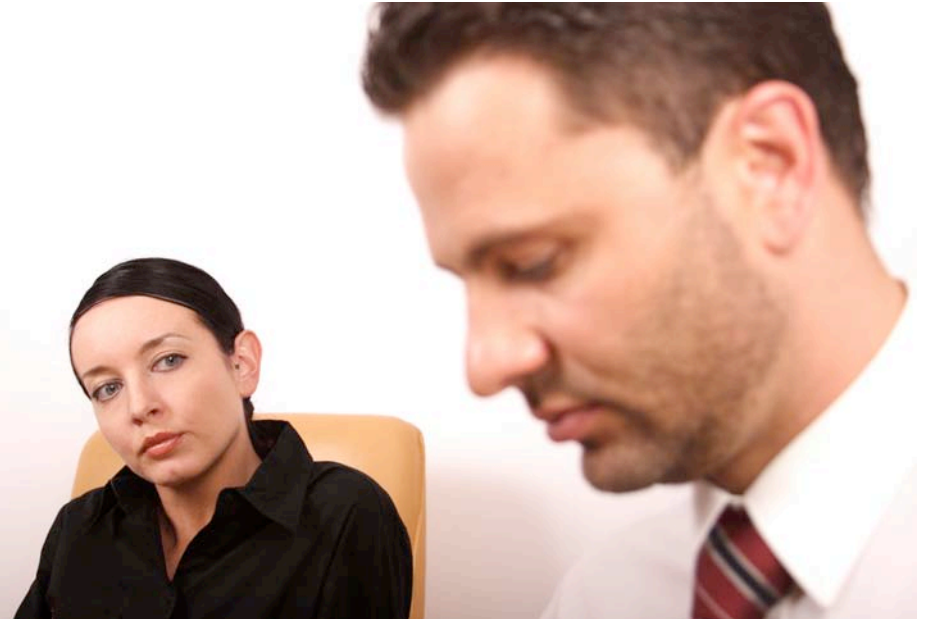
The Brave Conversation Workshop

The EFFECT Brave Conversation Workshop provides insights for turning even the most difficult conversation into a productive dialogue. We will introduce you to the integrated practice of Brave Conversations and you’ll develop some important skills to continue this work on your own. Ours is a multidimensional, experiential approach. We’ll look at all aspects of your communication—cognitive, emotional, physical, and relational. In our work together you’ll gain insight into your own reactions and learn how to assess, prepare for, and manage critical conversations.

Working either individually or in groups, we will focus on a specific challenging conversation you’ve had or know you will have. We’ll uncover some issues that make it challenging for you and we’ll practice transforming old habits into brave conversations with these new insights.

“Your silence
will not protect
you.”

—Audre Lorde



DISCOVER YOUR SOUL'S VOICE

Our approach is more than just rote communication technique and cognitive method. Our goal is to guide you to freely express your heart and mind. To expand the conversation into a creative and compassionate dialogue. As such, it demands more than analytical skills. In the Brave Conversation workshop you will explore yourself in a physical, cognitive, and emotional context using conversation as your practice field. It is through this authentic and liberating exchange that you will, over time, begin to view “difficult” discussions as an opportunity for growth and connection—rather than as something you want to avoid.

The Role of Biological Neural Nets in The Brave Conversation Experience

Brain—Intellect—Content

Heart—Openness—Compassion

Gut—Feeling & Intuition—Presence &
Creativity

Discovering Your Soul's Voice

We'll uncover some core values to help you recognize and develop your authentic voice. Your soul's voice. You'll learn how to recognize your own habitual responses, how to interrupt them, and then how to discover and say what's genuinely important. We will use an integrated approach that taps into all three neural pathways—brain, heart, and gut—to expand competency in conversation. The ideal is to be in the moment, and from your presence, to speak and respond wholly, appropriately, and skillfully.



EFFECT
Coaching and Consulting
change • grow • achieve

www.braveconversations.com