



Saying the Unsayable Workshop

Program Overview

This highly interactive and practical workshop has been designed to explore challenging workplace conversations and the reasons that conversations can present as difficult. Using your own examples of situations you find difficult, you will map your own communication plan with our 7 step guide to Having Challenging Conversations, leaving with a replicable and easy to implement process that means you will never shy from a challenging conversation again.

Who Will Benefit

People who need strategies and practical, ready to use solutions to confronting challenging conversations head on in their workplace.

Content

The objectives for this session are to explore challenging workplace conversations and confront the 'hard to say' topics with expediency. We will look at the reasons why conversations present in a challenging way – and why it is critical that we develop the skills to manage these interactions brilliantly. The practical part of workshop will provide ample practice for participants and an Alive & Kicking Solutions Facilitator will provide individual feedback to all participants.

Learning Outcomes

- Understand what makes the 'unsayable' unsayable – and it's not what you may think
- Engage with techniques to bring your best self to the conversation
- Learn the 7 Steps for Challenging Conversations
- Gain tools and techniques for managing the process, the logistics, and the practical elements of a difficult conversation.

We believe every business is different and a one-size fits all approach will rarely result in the best outcome. We customise this course to suit your unique training needs. The success of our training is in our familiarisation process where we ensure that the solutions we deliver directly relate to your business challenges.

Call us on 1300 305 789 or email hello@aliveandkicking.com.au for a confidential discussion to find out how we can help your people perform better