



VELERA  
WILSON

# Communicating with Confidence Workshop

**Audience:** Individual Contributors, First time managers, Experienced leaders

**Delivery:** In Person or Virtual

**Available:** Two Hour, Quarter or Half Day Session

**Effective communication is the foundation for professional success and career advancement.**

This interactive workshop is full of 'aha' moments and real dialogue to help participants develop approaches to express their ideas with clarity, authority, and authenticity, whether in meetings, presentations, or challenging conversations.

Through engaging exercises and real-world examples, they will learn how to project confidence, avoid language that diminishes their authority, and communicate in ways that highlight their expertise. This workshop helps them build bridges to their peers, managers, and senior leaders - using the power of communication.

By the end of the session, participants will have gained practical techniques to enhance their communication skills, build stronger connections, and convey their value with greater ease. Whether they aim to increase their visibility or improve their day-to-day interactions, this workshop equips them with the communication tools to succeed.

## **Learning Objectives:**

- **Cultivate an assertive communication style** that focuses on being powerful and clear, and reinforces expertise.
- **Implement a four step strategy to communicate and promote work** that leads to increased visibility and credibility within an organization.
- **Learn to advocate for themselves and others** by making clear, business-based requests that focus on creating a win-win situation.
- **Adopt approaches to manage conflict and difficult conversations** that help increase understanding, redirect behaviors, and reach solutions.

**Contact Velera Wilson for more information**

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