

Seminars & Workshops

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Seminars & Workshops...where we teach cutting edge information and new skills that help us manage conflict, deal with anger, listen, build trusting relationships, solve problems and **ask for what we want that gets results.**

- [Power of Candor](#)
- [Stop the Struggle... *Get A Life*](#)

Power of Candor

Power of Candor is a Communications Masters Class. In this interactive workshop discover a profound way to improve communication. Transform difficult and sticky situations into being powerful. Learn how to handle anger and other stressful emotions through understanding how the brain works.

- Gain control in an argument
- Get people to listen
- Recognize the behaviors that undermine effectiveness
- Clean up the stuff when you 'blow it' without embarrassment
- Ask for what you want
- Solve problems quickly
- Discover the most creative solution

Use these new and powerful skills to transform your reactions during any conflict or crisis to being totally in control. *3 hours*

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Stop the Struggle...Get A Life

Do you find time flying by and you never seem to get caught up? Is there always too much to do? Are you reacting to one situation followed by another? In this life-transforming workshop, learn how to get control.

- Discover what is the adrenaline 'hook'
- What's the payoff
- Identify the triggers that control reactions and feelings
- Recognize the filters that diminish effective listening
- Stop the mind chatter that hinders creativity

By the end of this life-changing program, participants will be able to stop quick reactions to constant irritations. They will have the tools to stop the struggle

and get a life. *3 hours*

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**Offices for Greene Alliances, Inc. and
The Corporate Renewal Center**

9550 Ella Lee Lane, 2nd Floor • Houston, TX 77063-1254
(713) 782-2212 phone • (713) 782-4252 fax • susan@communicatingworks.com

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