



# Communication Works

Transforming the work environment,  
one conversation at a time...

Do you want conversations that support productivity, high morale and trust?

Would you like to enjoy effective and satisfying communication at work?

In a coaching or workshop setting, find out how to:

- Speak in a way that supports teamwork, efficiency and harmony
- Ensure that you and others experience being heard and seen, that everyone feels included and appreciated
- Reframe your speech so that strong emotions are not a liability but an opportunity to discover more satisfying options
- Make clear doable requests based on the understanding of underlying needs
- Co-create agreements that work for everyone, thus increasing good will, creativity, and collaboration
- Minimize conflict: Keep the facts separate from your interpretations!

“In a fast-paced work place, we often tell ourselves that we don’t have time for feelings. But ignoring them, and by extension ignoring our needs, may actually be sabotaging our productivity.”

Martha Lasley, Certified NVC Trainer, author, founder of *Leadership that Works, Inc.*

## **Barbara C. Wiebe, BEd, CPC**

Barbara is a certified life coach and workshop facilitator offering perspectives and tools that foster effective dialogue and connection. Inspired her training in *Nonviolent Communication* (NVC) she has brought communication seminars and coaching to Alberta and BC since 2006. Barbara supports people in transforming the quality of daily living, at home, with friends and at work – how to open the door to connection and collaboration, ease and flow, well-being for all.

