



## Coherence Labs: Mindful Communication Training

Effective communication skills and the ability to connect with others are critical life skills which are becoming compromised in today's digitally distracted "attention economy." Overwhelm often leads to a less engaged workplace.

### Solution

People make stronger connections and communicate more effectively when they are fully present. Improved presence stems from self-awareness, learning (and practicing) communication skills and a making a commitment to ongoing improvement. Our training aims to build self-confidence, teach proven delivery techniques and raise individual, and collective, baselines.

Our Connection training improves communication competencies by an average of 25% per participant.

### Mindset: Approach

#### Objectives

- Communicate clear objectives and expectations
- Create mindful, fun, safe and collaborative learning environment
- Bring "next-level" self- and social awareness to every participant
- Improve presentation and two-way communication skills
- Inspire, and capture, results-oriented personal action plans

### Methods: Practices

#### Core Modules

Mindset Matters: Growth vs. Fixed	Team Collaboration and Alignment
The Art of Storytelling	Understanding and Influencing Perceptions
Presentation Delivery Skills & Drills	Framing Performance Feedback
Mindful Listening	Handling Tough Conversations
The Energetics of Communication	Managing Q & A

### Measurement: Evaluation

#### Assessments

Confidential surveys and self-assessments are administered to help quantify communication skills pre- and post-training. Real-time instructor feedback, participant video review and a follow-up written report from instructor aid in the effort to quantify training effectiveness, ROI and determine productive action steps.

### Format

Live, in-person training sessions are designed for 10-12 participants. Needs and goals of client determine training skill focus, module selection and duration of sessions. All tailored sessions apply our "3M Process" to guarantee balance, consistency and desired results.