



The Art Of Healthy Conversation That Help Grow Your Business

Reinvent conversations to achieve more than you ever imagined!

Engagement

Research has shown that workplace friendships are crucial for engagement and productivity. So why are we less likely to have conversations with our colleagues than previous generations?

Technology has made communication faster and more convenient and it has also contributed to a decrease in face-to-face conversations. Many people communicate through email, instant messaging, and other digital platforms, which can be less personal and may discourage in-depth discussions.

Top leaders lead conversations with a passion to think big and get big things done. These leaders are successful because their

conversations include what they stand for and their ideas present who they are.

This interactive workshop is designed to help the audience understand themselves better and remind themselves what they stand for. Once you know yourself better and what you stand for you have the foundation to engage in healthy conversations. When we know you as a person we connect to you, now we listen to what you have to say. If you want to be more influential in every situation you need to master the simple lessons contained in this program.

Primary Audience

- Business development professionals
- Project managers
- Women leadership groups
- A/E/C project teams
- Employee experience departments

Program Focus

- Learn strategies to help identify and give meaning to your personal brand.
- Develop better relationship with oneself and others.
- Develop conversations that build excitement.
- Reinvent conversations to achieve more than you ever imagined.

Key Benefits

See how easy starting a conversation can be with someone you don't know well and the power it can have. Cathy keeps the workshop fun, interactive, and builds relationships and puts well-being of people first. You'll see how the HWD3 principles (Healthy People, Team, and Project) create better outcomes for you and your company. A people-first leadership approach sets the tone for how we care, connect, and coach each other, creating an enjoyable work environment.

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About Cathy Dolan-Schweitzer

Cathy is the founder and president of Health Well Done a leadership training and coaching company and referred to as the "Healthy Project Coach". She is the author of the book "Health Well Done" and a recognized authority in people centered project management in the A/E/C industry.