

REVOLUTIONIZING TEAM COMMUNICATION



Burst Trainings
learning in bursts



MAKE EVERY CONVERSATION COUNT - CIQ®

Create Trust and Strengthen Partnerships with Conversational Intelligence®

Humans don't exist in a vacuum. In fact, we're hardwired for connection and belonging. In this session, participants will discover what it means to be neurologically optimized for collaboration, innovation, and high performance through the medium of conversations. By diving into the neuroscience of trust, belonging, and communication, participants will learn the impact the quality of our communication has on our ingenuity, creativity, and intelligence. Participants will walk away with a new understanding of trust and how certain conversational practices lead to either partnering or protective behaviors.

PROGRAM BENEFITS:

- Understand why your brain labels others as *friend* or *foe* in less than .07 seconds and the impact this has on your interactions
- Learn the three sub-cognitive questions our brains are continuously asking and how this knowledge will significantly influence the trust you can create in your relationships
- Understand the role of cortisol and oxytocin in your conversations and practice tools to influence your neurochemistry - optimizing you and others for your best ideas, greatest thinking, and innovative problem solving
- Discover the three shifts in your listening and speaking that can shift someone from resistant to skeptical to open-minded and co-creative.



MEET YOUR COACH:

Amy is a certified Executive Coach using expertise in transpersonal psychology, design thinking, interpersonal neurobiology, and **Conversational Intelligence®**.

Amy graduated from UC Berkeley with a B.A in mathematics and has an M.A in transpersonal psychology from Sofia University. She also frequently instructs students at Stanford University and UC Berkeley as part of their professional development programs.



FLEXIBLE TRAINING OPTIONS

- 60/90/120 minute - Burst Options
- As part of a Burst Training Bundle
- Virtual



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For more information on our flexible trainings, contact: info@bursttrainings.com