

Winning Conversations:

How to Communicate Successfully and Courageously in the Workplace

Winning Conversations defined...

Necessary Conversations defined...

Why is it important to have Winning Conversations?

Reasons why some conversations are ineffective?

Elements to creating a safe space for necessary conversations

How to host Winning Conversations using the REM-CTM Framework

How to utilize the art of Curiosity...

Activities Debrief + Notes...

I AM A HR GAME CHANGER

When I show up I significantly impact situations, lives, circumstances and or outcomes and help raise the level of skill and awareness in the people around me.

What will I commit to taking action on as a result of this session?

I will... _____

I will... _____



Cultural Transformation in the Workplace: 7 Keys to Create & Cultivate Equity Online Course



Take Inventory

of your Mental + Emotional Health

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What is Mental Health?

(Circle the correct answer):

- A. Our overall wellness when it comes to our emotional, psychological, and social well being
- B. Sometimes referred to as mental illnesses or clinically significant disturbances
- C. the study of mental illnesses

What is the Difference between Mental & Emotional Health?

_____ describes our ability to process the information we encounter daily and across our lifespan.

_____ relates to the feelings we experience while processing this information.

What is the Difference between Signs and Symptoms?

_____ what we cannot “see” (e.g. thoughts + feelings)

_____ observable indicators of a physical or mental challenge in the body (ex. physical appearance, behaviors, bodily reactions)

What is a boundary?

Relational example:

“Boundaries are the distance _____ how I can _____ you and me at the same time

Workplace example:

“Boundaries are the distance in which I can _____ you and me at the same time

What is Emotional Capacity?

Knowing what my emotional _____ are when it comes to _____ and others

Affirmations

1. I **won't absorb** someone else's emotions.
2. _____
3. _____
4. _____

LET'S CONNECT!

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