



“Championship Communication”

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Increasing the success of your program starts with improving your communication. Championship communication connects us to others while improving teamwork, decision-making, and problem solving. As a coach, communicating effectively gives us the dynamic ability to empower and lead, enabling us to transmit even difficult messages while minimizing conflict and maintaining trust.

“Championship Communication” is a creative workshop that dives into the heart of communication while cultivating the tools to turn average communicators into masters of the craft. Participants will explore several facets of communication while engaging in real-life coaching situations for a communication overhaul that is applicable, interactive, and fun!

Overcoming Barriers to Effective Communication

- Context: Structure of interpretation and understanding intention
- Tone: All the feels...
- Trust: Making others feel seen, valued, and appreciated
- Timing: Creating space for dialogue
- Clarity: Affirming the message
- Word Choice: Selective use of “you,” “I,” and “we”

Championship Communication

- Reframing Failure for Future Success
- Rephrase in the Positive
- Confrontation to Strengthen Connection
- Minimize Drama Through Source Conversations