

COMMUNICATING WITH CONFIDENCE!

A half-day workshop designed to empower you with the tools to elevate your personal and professional interactions.

WHEN: Thursday, November 14 from 7:30am-1pm

WHERE: Common Grounds Cafe, 2341 Boston Rd, Wilbraham

INVESTMENT: \$250 which includes \$20 to use towards food or drinks while in attendance.



Enhance your communication skills and unlock communication confidence during this interactive session focused on:

- **Personal SWOT Analysis:** Discover your strengths, weaknesses, opportunities, and threats to boost your personal and professional growth. This exercise will help you align your strengths with your goals and overcome challenges.
- **Exploring Personality Types:** Identify your personality type to present yourself authentically and confidently. Learn to communicate your value effectively and make a lasting impact.
- **Navigating Interpersonal Dynamics:** Understand different personality types to enhance your relationships and adapt your communication style for better collaboration.

Throughout this workshop, you'll have the opportunity to engage in self-reflection, explore strategies for adapting to diverse personalities, and brainstorm actionable ways to leverage your increased self-awareness.

By the end, you'll be equipped with a clearer understanding of how to communicate with confidence and navigate the world of interpersonal interactions with greater ease and effectiveness.

FOR MORE INFORMATION OR TO SIGN-UP:

Email Jill@POPmoreNow.com or call/text 413.285.2266



POP!more is confidence coaching, training, and speaking... done differently! Founded by Jill Monson, this disruptive model means action with no fluff, no deep breathing, & no B.S. Rather clients are given ACTIONABLE steps for success. I help people of all backgrounds, ages, and stages learn how to discover their authentic selves and create tangible CANfidence habits!

WHAT ARE PEOPLE SAYING?

"Jill was wonderful! Honestly, she was so supportive and I felt like she genuinely cared and connected with each us. She's a very inspiring person. Jill was energetic, relatable, empowering, and knowledgeable. She kept us all engaged and eager to learn." ~ Employee training for Non-profit Organization (12/2023)