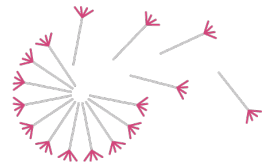


# Fast Track Impact

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## *Empowering conversations*

Joining link: TBC

Start: XXX

- Introduction and icebreaker: take a self-compassion break and learn what makes an empowering conversation

### **Session 1: Key skills for having more empowering conversations**

- What can we learn from coaching?
- Setting the scene: self-compassion, unconditional positive regard, and empathy
- Active listening
- Verbal communication: how to avoid misunderstandings
- Nonverbal communication: do a body language interpretation exercise and discuss nonverbal methods for handling difficult conversations

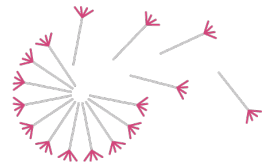
### **Session 2: Empowerment and practicing a different quality of conversation**

- What is empowerment, how can I empower myself and others and why is this important?
- Breakout room exercises: A different quality of conversation
- Group discussion, thoughts and reflection
- Conclusion

Close: XXX

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## Trainer

**Dr Joyce Reed** BSc Hons MBChB has been Managing Director of Fast Track Impact for 4 years working alongside her husband Prof Mark Reed and the Fast Track team to reach researchers across the globe with evidence-based, bespoke training. Previously she had a successful career as a Paediatrician working in various teaching Hospitals across the UK. Now she focuses on empowering people to find whole health, rather than managing disease, via the emerging field of Health Coaching. She truly embraced the notion of “physician heal thy self” to heal from physical and mental burn-out. Now she combines evidence from biomedical, psychological, and coaching literature with her own clinical and personal experience to transform how people view their health and wellbeing. This workshop introduces key communication skills which can support transformation in relationships at work and home. Allowing more creativity and problem solving by tackling conversation more productively.



## Fast Track Impact

Fast Track Impact is an international training company working in the Higher Education and research and innovation sectors. Our mission is to change the way busy researchers generate and share knowledge, so that their ideas can change the world, and they can get their thinking time back.

We run training for researchers from every discipline, from PhD students to Professors, from departmental away days to cross-institution training days. We have trained >8000 researchers from >200 institutions in 55 countries and offer face-to-face trainings across the world from the UK to Australia.

[www.fasttrackimpact.com](http://www.fasttrackimpact.com)