

Leadership Communication Workshops

As a communication coach, I combine wisdom from decades in both industry and academia to advise leaders on how to intentionally use communication to elevate professional relationships and improve business outcomes. I offer coaching one-on-one, in teams, and through workshops. Teaching Leadership Communication and other related courses at San Francisco State University, I keep up to date on new research and trends, allowing me to advise professionals on a wide range of communication topics. Topics from past engagements include public speaking and presenting, leadership communication, mindful communication, media interviews, creating funding pitches, building executive presence, high-value meetings, team cohesiveness, customizing sales pitches, handling technostress, crisis communication, and conflict resolution. I believe that all effective leadership communication originates from being present and aware and I have actively practiced mindfulness since 1999.

These short descriptions of popular workshops will give you a sense of what might be helpful for your organization. I customize workshop content and style to meet the specific goals of each organization and the needs of the immediate audience.

Building Executive Presence

We can sense when somebody else has executive presence, but it is not always easy to translate that into specific communication skills to develop for ourselves. This workshop is an exploration of how being present and aware contributes to executive presence and includes specific skill exercises to build connections with others to garner respect.

Compelling Presentations

In order to present well, first information needs to be organized in a story structure. Second, the presentation must help audience members remember what is shared, and third the audience must be engaged. This workshop addresses these three key skills needed to achieve an engaging story-based visual presentation.

Crisis Communication

Crisis and conflicts require specialized communication. Sessions train leaders how to deal with future challenging situations and to cope with immediate situations. Preparation, timeliness, consistency, and mindfulness are all key elements for communicating in tough times.

High-Value Meetings

So much time is spent in meetings that their effectiveness really influences the bottom line of an organization. This workshop addresses effectively managing the content, time, and relationships in meetings in order to maximize value.

Ingredients for Team Success

For an organization to be successful, its members must have strong wellbeing. Mindfulness, gratitude, and connectedness all contribute to wellbeing. In this workshop, I lead participants through activities on each of these aspects of wellbeing, cultivating team spirit and a sense of camaraderie.

Leadership Communication

As leadership responsibility increases, so does responsibility for communication outcomes. I move the current level of participants' communication up a notch in this workshop, meeting them where they are and taking their skills to the next level of leadership.

Media Training

Spokespeople are the voice of an organization and the media is the megaphone, but when being interviewed all the factors at play make the communication complicated. This workshop teaches spokespeople how to be interviewed and meet the needs of the reporter while staying on message and reinforcing the organization's brand.

Mindful Communication

Being present and fully attending to the communication at hand provides people with greater information for making decisions and improves interactions. This workshop teaches basic mindfulness practices and how to apply them to communication.

Public Speaking

Projecting confidence while getting the right message across in an engaging manner does not come easily for most leaders. This workshop delves into the verbal and nonverbal communication skills, from word choice to power stances, needed to be an effective public speaker in a variety of settings from conference rooms to stages.

Technostress Reduction

We love our communication technology, but sometimes it gets the upper hand and we end up overwhelmed and stressed. This workshop helps identify how technology is helping and hindering communication and teaches how to take control and have greater efficiency with less stress.

If you are interested in one of these topics or if you have a different communication issue that is currently hindering progress in your organization, I will gladly meet with you and generate the appropriate content and exercises to address your specific needs. More information can be found at www.jenniferkammeyer.com.