

Valuable Conversations

What if your greatest potential lies not in fixing your weaknesses, but in amplifying what you already do best?

In this energising 60-minute webinar, you'll explore the science of strengths and how they can transform your work, wellbeing, and relationships. Learn how to identify your unique strengths, manage their shadow sides, and apply them intentionally for greater performance and satisfaction.

Whether you're a leader, team member, or simply curious about personal growth, this session will help you unlock your strengths and those of the people around you.

Snapshot

Duration: 60 minutes

Learning Outcomes

- Understand what makes a conversation valuable and effective
- Identify their own communication style and adapt to others
- Apply practical strategies for preparing, conducting, and following up on conversations
- Recognise and overcome common communication roadblocks and unconscious biases
- Build confidence in having meaningful, constructive conversations at work

Course Outline

- What Makes a Conversation Valuable?
- Communication Styles and Preferences (Bolton & Bolton Model)
- Preparing for Valuable Conversations
- Asking High-Gain Questions
- Active Listening and Emotional Regulation
- Following Up and Sustaining Dialogue
- Overcoming Roadblocks and Biases