



*difficult conversations*  
**MODULE 1**



THE  
**RESTORATION**  
PROJECT

# Module Snapshot

## **DIFFICULT CONVERSATIONS**

Scenarios when you'll need courage and objectives for this program

## **MEET YOUR LEADERSHIP COACHES**

Introduction to your coaches and facilitators in this course

## **COURSE OVERVIEW**

Housekeeping for navigating and managing your experience in this course



# Difficult Conversations *in your day:*

- Receiving constructive feedback
- Making tough decisions
- Saying no
- Challenging others



# You will walk away with *a better understanding of how to:*

- be more confident in your own intentions
- hold yourself to a higher standard
- set clear expectations + accountability
- build trust and understanding
- confront difficult conversations with clarity, compassion, + courage



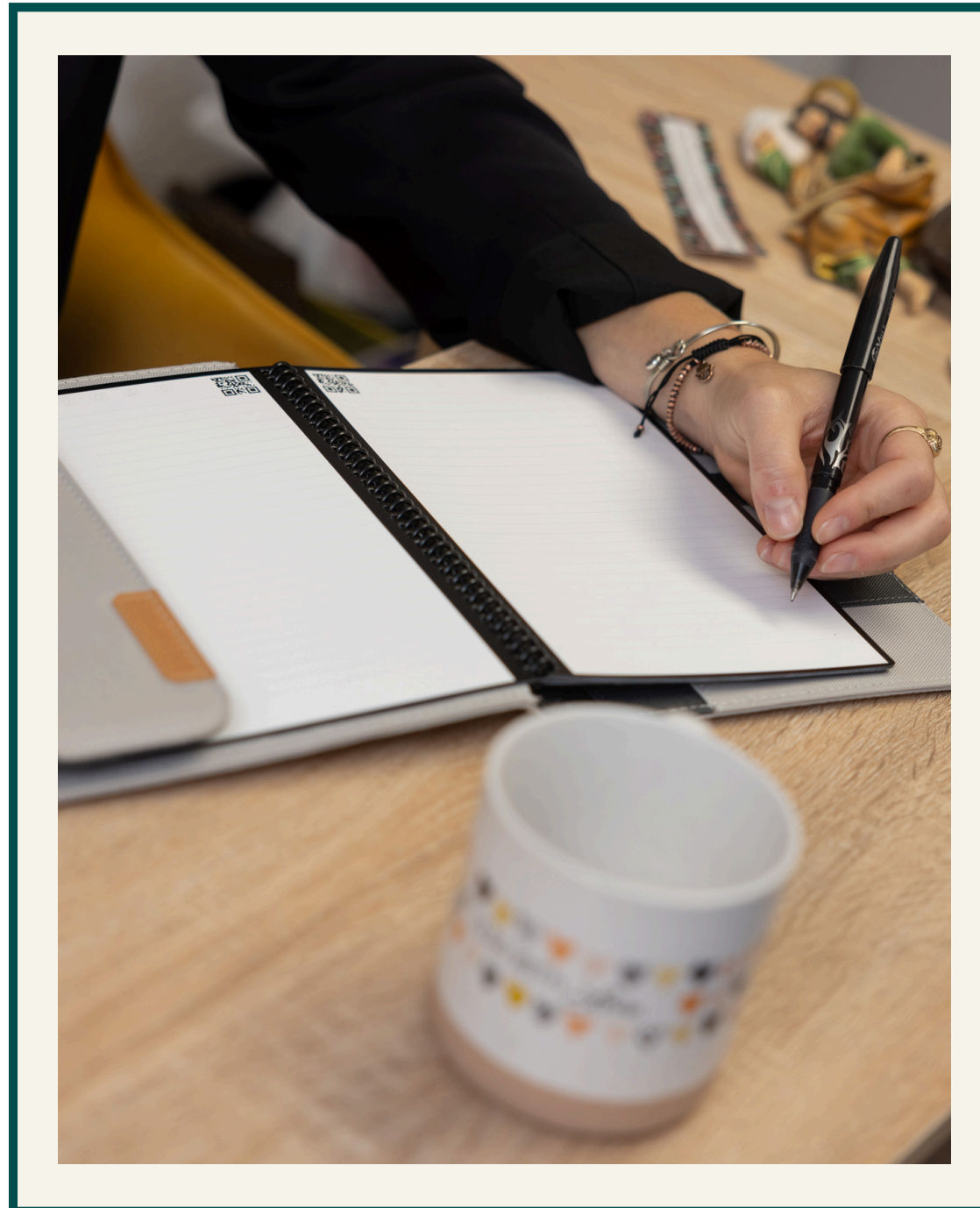
# Meet Your *Leadership Coaches*

At The Restoration Project, we help leaders like you live, lead, and work with meaning through customized personal and professional development solutions.

- **Brooke: Energy Builder**
- **Sarah: Calm Creator**
- **Lindsay: Dream Builder**

# Course Overview

- 8 Modules
- 2-4 Lessons/Module
- Video trainings
- Supplementary resources for you and your teams
- Complete at your own pace



*“Between stimulus and response  
there is a space.*

*In that space is our power  
to choose our response.*

*In our response lies  
our growth and our freedom.”*

*- Viktor Frankl*

# Action *Items*

- Download and print your course checklist
- Check off as you move through the program





UP NEXT:

*Module 2*

DEFINING  
DIFFICULT CONVERSATIONS