



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:*

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



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



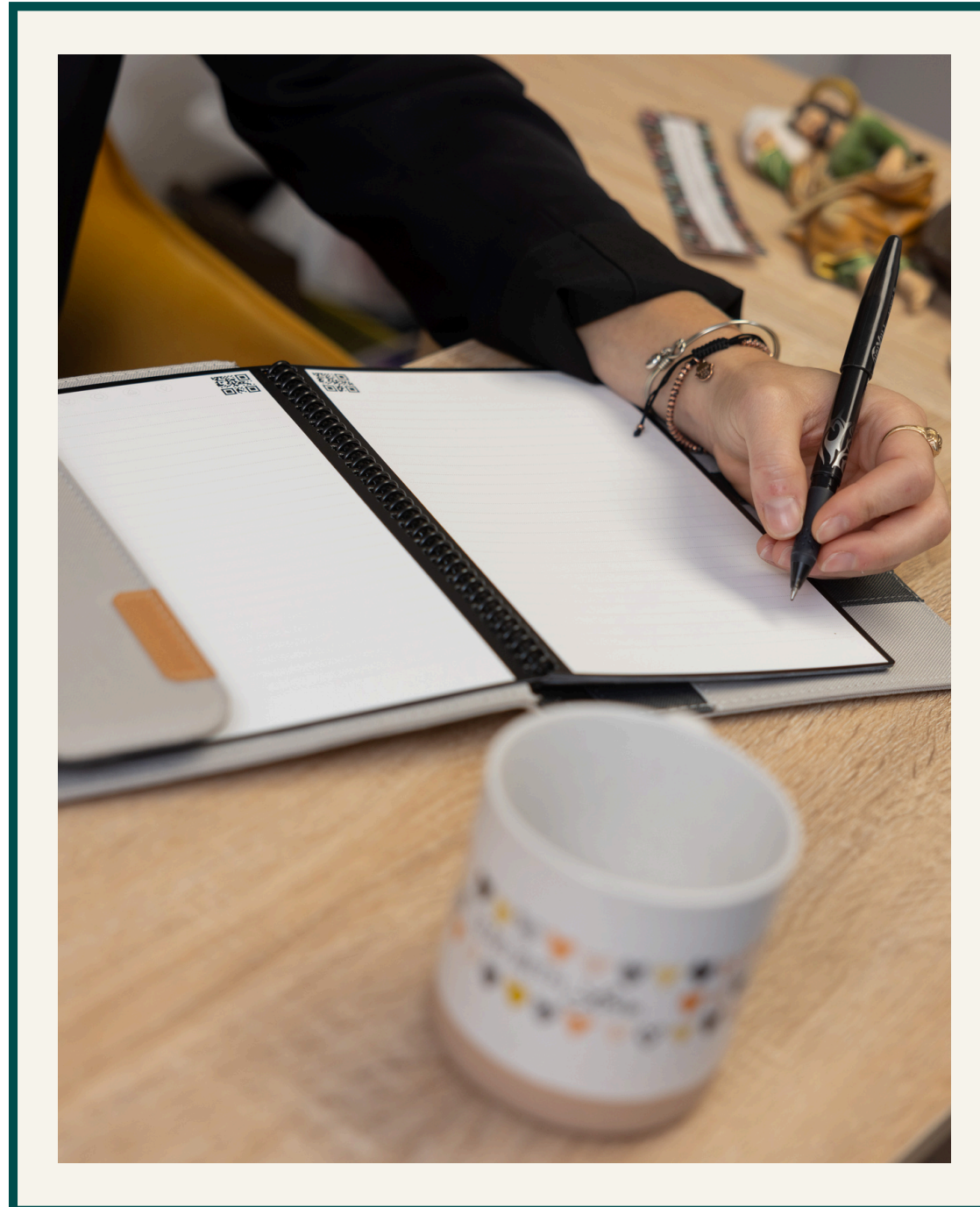
Meet Your *Leadership Coaches*

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
- 3-4 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