

WORKSHOPS

HALF-DAY PROGRAMS

- ♦ Empower Your Team to Communicate Effectively
- ♦ Coaching, Delegating and Providing Feedback
- ♦ The Art of Speaking and Persuading
- ♦ Mindfully Managing Conflict
- ♦ Leaders Communicate Mindfully and at All Levels
- ♦ Questioning and Listening for Understanding
- ♦ Communicating Mindfully Through Change
- ♦ Communicating Effectively in a Distracted and Digital World



WORKSHOPS, COACHING, AND RETREATS



Speaking and communicating are *the most powerful tools you have at work*. When done right, they drive performance and create an environment where people can thrive.

But business is experiencing an unprecedented time of *change, distraction and overload*.

Can you really have both prosperity in the workplace and a greater well-being, by becoming more mindful and effective

communicators? Yes.



Speaking & Communicating Mindfully

WORKFORCE DEVELOPMENT PROGRAMS



DMAC VOICE Communications

508-954-8279

www.DMacVoice.com

Donna Mac

PRESENTATION TRAINING

HALF DAY SESSIONS

- ♦ Design and Deliver Compelling Presentations and Keynotes
- 2 sessions minimum
- ♦ Communicate Confidently to Senior Leaders and Boards
- ♦ Facilitate Panel Discussions
- ♦ Becoming Trusted Advisors/Ambassadors
- ♦ Mindfully Sell Your Products, Services and Yourself



“Your *Speaking and Communicating Mindfully* trainings really paid off. I notice a confidence that is much more apparent today. Their words are more direct and powerful, which really grabs attention and makes a big difference.”

**-Donna Price, IT Director,
Blue Cross Blue Shield of MA**

PERSONAL COACHING FOR LEADERS/MANAGERS

4 SESSIONS/12 HOURS

- ♦ Leaders Communicate Mindfully and at All Levels
- ♦ Coaching, Delegating and Providing Feedback
- ♦ The Art of Speaking and Persuading
- ♦ Questioning and Listening for Understanding



“I really like Donna’s fresh approach to communications training. The concept of being mindful and truthful with yourself first was quite insightful and helps us with critical decisions. *The Six Pillars of Communication* were excellent and my team each had a pillar or component that really spoke to us. Donna is so approachable, and sessions offer so much more than just training.”

**-Wendy Kagan, EVP, Director of Employee and
Community Engagement, Bank Newport**

RETREATS

FULL AND HALF DAY PROGRAMS

**Empower Your Team to Communicate
Mindfully and Effectively**
-It Begins With You.

**Creating a Culture of Effective
Communicators**
-We’re in this together.

**Grooming the Next Generation of
Leaders/Communicators**
-Be proactive to the seismic shift!

**Rebalance from Communication
Overload**
-The Key to Communicating Mindfully



Reserve a Consult: dmac@dmacvoice.com