

Speaking Up

Recommended for everyone.

WHAT IT'S ABOUT

Bringing up subjects that are uncomfortable.
 Identifying and raising risks and opportunities.
 Ensuring understanding by clarifying issues.
 Engaging everyone in conversations.
 Dealing with people's reactions to the points you raise.
 Improving organizational health by discussing difficult topics.

TRAINING AIMS

By the end of the course, the participants will be able to:

- identify risks and opportunities that need to be addressed and respond meaningfully
- practice bravery by "entering the danger" of interrupting the flow of a conversation
- interrupt a conversation politely to ask questions, get clarification, and share opinions
- notice people who are not engaging in conversation and get their input
- apply techniques to demonstrate "being supportive," while investigating difficult issues

DURATION & COMPONENTS

Prework	Complete Needs Analysis Survey Participate in group call with all participants (1h)
Session 1	Workshop: (3h)
Session 2	Workshop: (3h)
Post Calls	Post call 2-3 weeks after Session 3 (2 groups, 1h/group)
Time commitment per participant	6h of online workshop Up to 2h of homework spread over the 2 weeks of the course The homework will be daily tasks lasting up to 10 min/day

- Post-course: Access to online materials and reference materials for 60 days
- Digital Materials: Speaking up Handbook, links to books and web pages

TRAINERS

Diana Bonczar

For trainer profiles please go to <https://accentbusiness.pl/team/>

For more information, please contact us:

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