

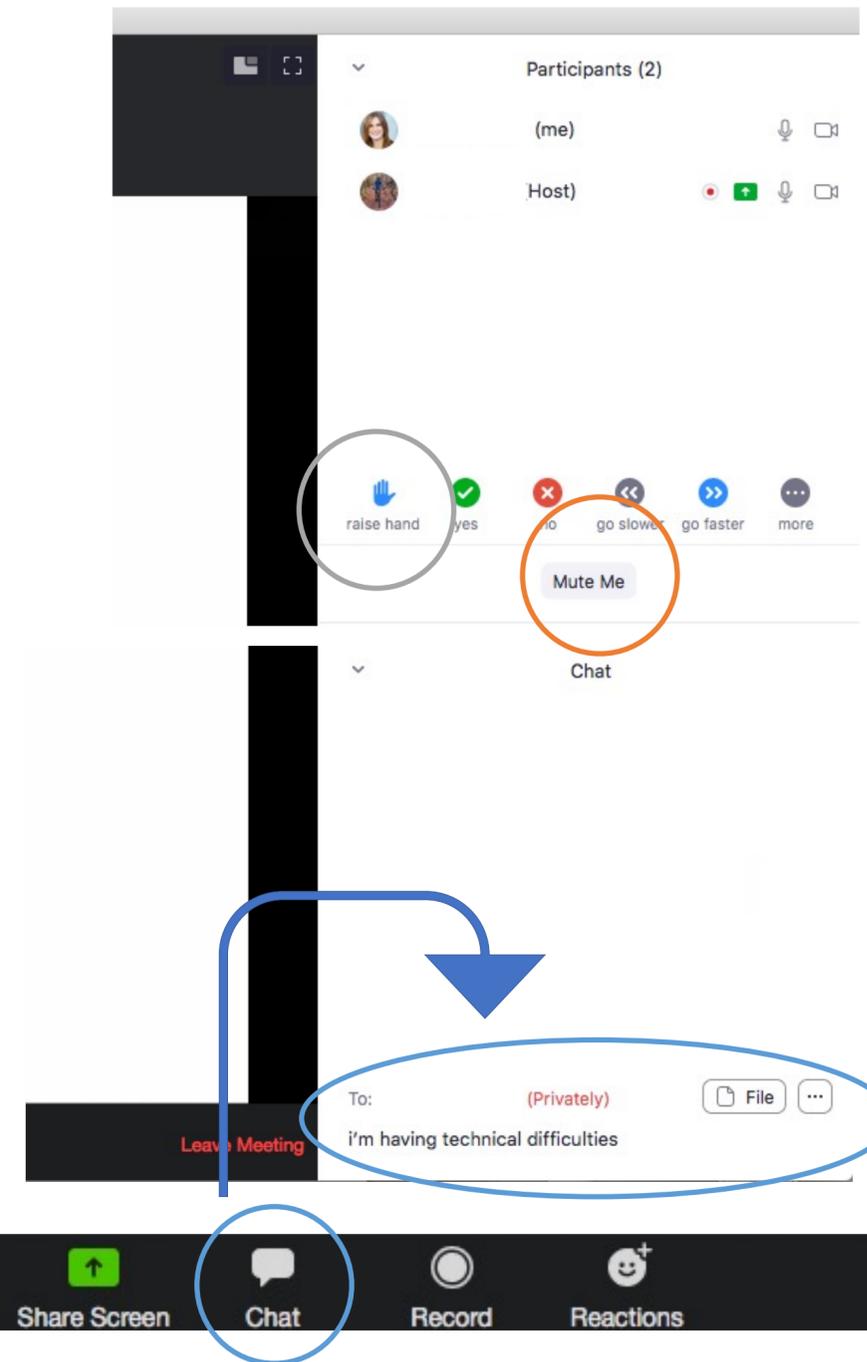
Having Awkward Conversations with Ease

Presented by Deborah Reidy
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www.reidyassociates.org

Managing the Technology

-  Mute when not speaking.
 -  Raise your hand feature; Will call on those that have raised their hand.
 -  Cameras on when possible... connection and accountability.
 -  Use Chat for technical or logistics issues. Send Private Chat to host
 -  We will be using Breakout Rooms. Groups have not been pre-assigned.
-  Mute  Stop Video  Invite  Participants  Share Screen  Chat  Record  Reactions

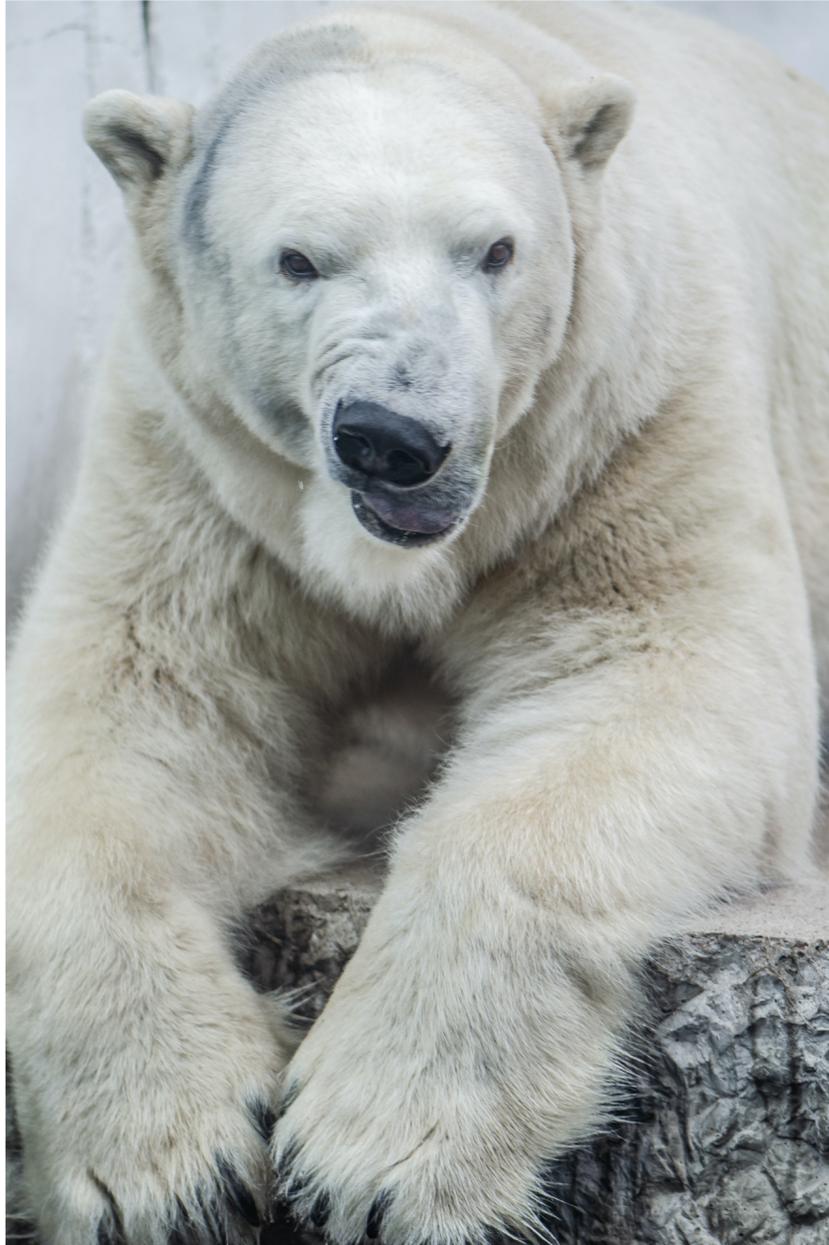


Purpose

To learn a system that helps you communicate

In a way that is clear, concise and comfortable

So that you can get your point across effectively even when the topic is awkward



Finish this prompt: Having awkward conversations is...

What Makes a Conversation Awkward?

- Thinking about it but haven't yet acted
- Strong opinions or judgments
- Strong emotion
- Deeply personal
- Not clear about your standing

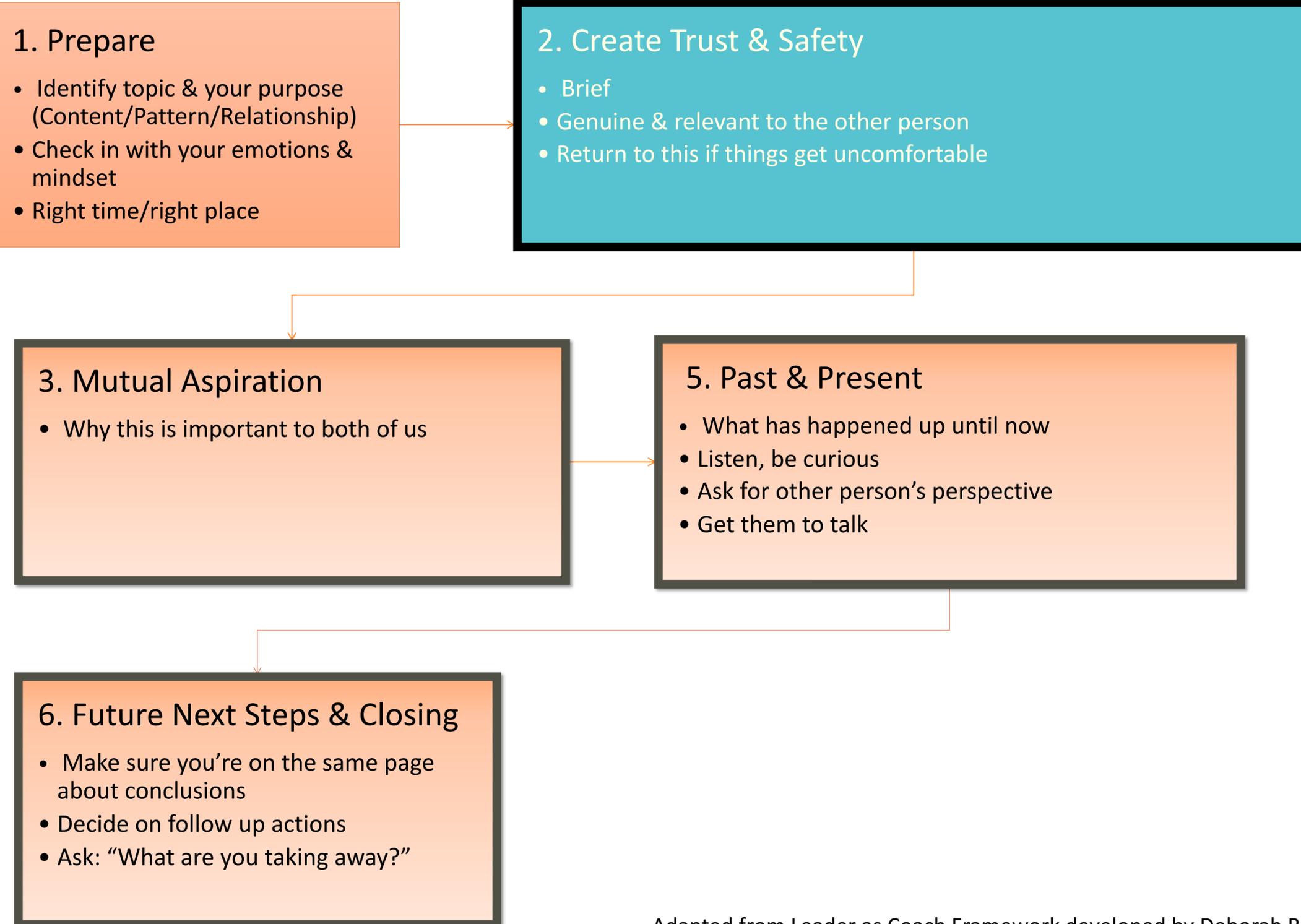
Consequences of Avoiding

- Relationship festers
- Resentment
- Blurt your true feelings
- Time consuming workarounds

Reasons to Have the Conversation

- Gain confidence
- Strengthen the relationship
- Avoid making a fool of yourself
- Reduce workarounds
- Gain energy, calmness and peace of mind

Having Awkward Conversations with Ease Framework



To Summarize

- We often avoid conversations we anticipate will be awkward
- But there can be unintended consequences
- Using our proven system (and with practice) you can get your point across effectively even when the topic is awkward





[Click here](#) for a free pdf of “5 Reasons to Tackle That Conversation You’ve Been Avoiding.” Email me with questions or comments. I’d love to stay in touch! deborah@reidyassociates.org