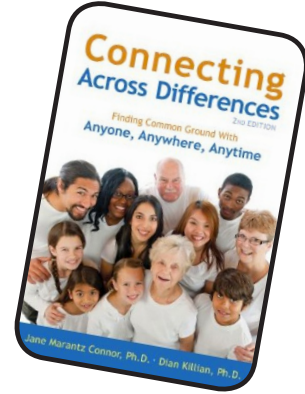


SUSTAIN YOUR GAINS

in Collaborative Communication

1. Set a goal of reading a chapter each week of *Connecting across Differences* and completing practice exercises.
2. Meet weekly or bi-weekly with another participant from the training for peer-coaching. During your coaching, focus on listening to the other person, or re-capping and guessing their feelings and needs. Keep your sessions free of advice, fixing or evaluating what the other is saying.
3. Carry the folding mini-guide with you. Throughout the day, check in about what you're observing, feeling and needing, and what requests you might want to make.



4. Contact CCC about communication and executive coaching. Private sessions (via phone or Skype) give you an opportunity to focus on your particular concerns and learning curves. Practice crucial conversations in advance via practice and role-play, improve the quality of everyday conversations, and learn to set and achieve key goals, personally and professionally.
5. Collaborate more effectively with your colleagues by using your new CC skills while working with them or via learning together at an in-house training. Your team or organization can improve workplace communication, trust, and morale. CCC offers customized trainings, communication audits, change management support, meeting and retreat facilitation, and other organizational development.



6. Immerse yourself in CC practice at a retreat! We offer winter programs at Kripalu each year, a summer Women's Retreat outside Ithaca, and this year in western Massachusetts at Rowe Center. To learn more, visit our website, call, or email.

For more information about coaching and in-house training and services, please contact our office via email at info@collaborative-communication.org or phone 718.797.9525; find us on the web, on our blog, or connect on Facebook or LinkedIn.

www.collaborative-communication.org