



Grace Judson



Ghosts, Zombies, and Other Barriers to Communication

I never thought of myself as a leader.

But when I look back on my career and my life, it's all there. When I look at the many things I'm interested in and have studied, it all comes together in this thing called *leadership*. And when I look at where I serve my clients best, there it is: leadership.

I speak on real-world topics, presenting practical tools that attendees can use to change their professional and personal lives.

For 16 years, I held leadership positions in global organizations. In 2005, I realized I could have a more meaningful impact as an external consultant. Since then, it's been my mission to help leaders, teams, and individuals become masterful communicators.

I teach at local colleges and universities, speak for nonprofit and professional groups, and I wrote the manual on navigating politics in the workplace: *Office Politics: the elephant in the conference room*.

I'd love to come speak for your group or organization.

You've experienced it: that moment when a conversation goes badly wrong, and you don't know why.

It's simple: you were ghosted - or maybe zombied. (Yes, ghosts and zombies are real, and yes, they will haunt you and eat your brains - though not like in the movies!)

In this session, participants will

- ◆ Define communication ghosts and zombies and explain their relevance
- ◆ Realize how and why they undermine communication
- ◆ Learn to work with and manage their personal ghosts and zombies
- ◆ Open to heartfelt communication with the important people in their lives - including breaking free from old, unhelpful behavior patterns

"Thank you for your outstanding presentation. The participants demonstrated great enthusiasm and involvement in the experiential activity you designed and facilitated. You approached a complex topic with insight and compassion, and many positive comments were expressed about your enlightening presentation."

~ Rose Lee Josephson, PhD, Faculty and Staff Services,
University of California, San Diego



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~ better conversations ~