



Grace Judson

SPEAKING & WORKSHOP TOPICS

Negotiation for Nice People: achieve your goals and strengthen your relationships

- ◆ Discover the relevance of *tactical empathy* in tough negotiations
- ◆ Realize why traditional negotiation practices often lead to dissatisfaction on all sides
- ◆ Learn new tools for empathetic understanding and their application to negotiation
- ◆ Become a better negotiator than you ever expected - without damaging your relationships

Office Politics: the elephant in the conference room

- ◆ Learn four key concepts to unlock the mystery of authentic, non-icky politics
- ◆ Act from a new, more meaningful definition of office politics
- ◆ Radically improve your communication skills
- ◆ Make interpersonal politics work for you - with integrity

Ghosts, Zombies, and other barriers to communication

- ◆ Define communication ghosts and zombies and explain their relevance
- ◆ Realize how and why they undermine communication
- ◆ Learn to work with and manage your personal ghosts and zombies
- ◆ Open to heartfelt communication with the important people in your life

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!

"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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~ empowered leadership ~



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Managing your Inner Critic: how to stop the rotten-tomato fight in your head

- ◆ Learn the *one word* that stops the inner critic in its tracks
- ◆ Discover the neuroscientific facts that explain why it's so hard to shut the inner critic up
- ◆ Identify the characters in your crew of rotten tomatoes so you can gain perspective (and even a sense of humor!)

The Challenges of Change Leadership: simple tools for effective leadership in a world of constant disruption

- ◆ Learn the brain science behind resistance to change
- ◆ Discover how to manage the effects of resistance for yourself, your team, and your colleagues
- ◆ Know what, when, how, and why to communicate change
- ◆ Use these new tools for communication, self-management, and guiding others through the challenges of disruptive change

My presentation style is interactive, informal, and engagingly funny.

I focus on practical, useful, bite-sized tips, tools, and practices. I want every attendee to leave planning to implement *at least* one thing from the program - one thing that will make their relationships and lives better.

I actively invite questions, and I love the challenge of coaching and problem-solving on the fly as the discussion unfolds.

Topics are available as keynotes, breakout sessions, lunch-and-learn programs, and half-day or full-day workshops.

Interested in learning more about these topics? Want to check my schedule for presenting at your event? Curious about options for other communication- and connection-related topics? Let's talk! My website URL, phone number, and email address are over there to your right.

Additional details on each topic are available for downloading from my [website's Speaker page](#).

"Grace is not only a great speaker but does it with a sense of humor and ease. She presents information in an easy-to-understand format and is well versed in the subject matter. We only wish there had been more time for discussion. We will definitely have her back!"

~ Michele Love, Marketing & Talent Development Manager, Benchmark Group, Rogers, Arkansas

"Grace is professional, articulate, and has a great sense of humor. I have had the pleasure of going to her workshops and always walk away with something that significantly helps me. She integrates her vast knowledge and experience with practical applications to make ideas clear and usable."

~ Nancy Kay, licensed counselor & certified coach, Fayetteville, Arkansas



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