



Grace Judson



Advanced Communication and Conflict Transformation

I help companies develop the change leadership skills essential for successful, sustainable change.

Change leadership is not the same as change management - and the skills of change leadership reduce burnout and increase engagement.

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. It's my mission to help leaders, teams, and individuals become the leaders they truly are.

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 present for your group or organization. My contact information is at the bottom of this page to the right!

We're supposed to "just know" how to communicate with others. After all, we can talk, right? We can write, right? Then we can communicate – right?

Well, maybe. But then why is there so much miscommunication – and so much resentment over missed expectations?

In this session, we explore:

- ♦ The five different communication styles, why they're important, and how to adapt;
- ♦ What to do in group settings where there's a mix of styles;
- ♦ How to set expectations and make requests so they're understood – and actually fulfilled;
- ♦ Four communication tactics that reduce misunderstanding and help avoid conflict;
- ♦ Ways to enter into difficult conversations that reduce the chances of outright conflict

"Grace is unlike any speaker that I have heard before. She was excellent at connecting change management and leadership to what we do. There is something unique and highly effective about her style - it occurs as teaching, coaching, and mentoring, not preaching."

~ Julie Derry, Owner / Executive Director, CarePatrol of San Diego



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