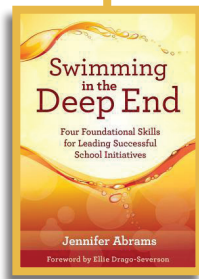




# Interactive Webinars



## Communicating in Challenging Times

**Description:** No matter what role we play in a school (principal, department chair, team lead), we all strive to make our communications successful. In this time of uncertainty, we often don't get the opportunity to think about the language we use and our communications to others and we end up not being as successful as we can in getting our messages across.

We need to build up a skill set of messaging capabilities, 'resistance management' strategies and for the sake of our health, our 'stress tolerance.' This 90-minute webinar is based on Jennifer's book *Swimming in the Deep End: Four Foundational Skills for Leading Successful School Initiatives* will provide support, and a laugh, to help you communicate more effectively in these unprecedented and uncertain times.

**Date:** Saturday, June 13 (10:30 a.m. – 12:00 p.m.)

**Participant limit:** 30

**Cost:** Free

**Duration:** 90 minutes

**Delivery Platform:** Zoom

**Facilitator:** Jennifer Abrams

**Participants will:**

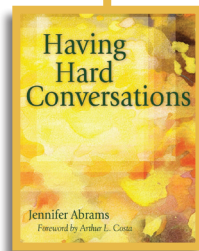
- Learn more about the communication of our initiatives, the complexity of it all and where we 'trip up' in our messaging
- Review research on how others respond and resist change
- Develop a linguistic tool kit for managing the resistance of others.

For more info about Jennifer and the *Swimming in the Deep End* book, please check out her website, [www.jenniferabrams.com](http://www.jenniferabrams.com).

[Click here to register](#)



# Interactive Webinars



## Having Hard Conversations with Parents and Families

**Description:** As school leaders and educators, we come up against situations where difficult topics must be addressed with parents or guardians. What do we know about the best strategies for those moments? What questions should we be asking ourselves before we speak, and what language is best for when we do speak? Based on Jennifer's books, *Having Hard Conversations*, and *Hard Conversations Unpacked*, and her work with conflict and interpersonal communication, this session will provide participants with planning and scripting tools for having those necessary humane and growth producing conversations with families.

**Date:** Monday, June 15 (3:30 – 5:30 p.m.)

**Participant limit:** 30

**Cost:** Free

**Duration:** 90 minutes

**Delivery Platform:** Zoom

**Facilitator:** Jennifer Abrams

**Participants will:**

- Identify why they hesitate having hard conversations
- Choose questions to ask themselves before they choose to speak up in order to do so more humanely
- Articulate in professional language the challenges they are facing
- Determine the goals of the conversation and write an action plan of support
- Script the conversation avoiding trigger words that put parents on the defensive
- Discover some helpful tips for additional hows of having productive yet challenging conversations with families.

[Click here to register](#)



# Interactive Webinars



## From Surviving to Thriving - A Gift From the Pandemic

**Description:** They say order comes from chaos but when you are in the middle of it the last thing you can see is order. In this presentation we will explore how to find meaning and wellbeing in difficult times and learn to create resilience.

**Date:** Friday, June 19 (3:30 – 5:30 p.m.)

**Participant limit:** 30

**Cost:** Free

**Duration:** 90 minutes

**Delivery Platform:** Zoom

**Facilitator:** Sylvia Marusyk

**Participants will:**

- look at the effect of chronic stress on one's body and wellness,
- determine their current state of wellbeing, and
- learn daily practices to combat the health impact of the chaos around us.

[Click here to register](#)