



## ***Powerful Communication for Powerful Leaders***

What do you value?

Competitive \_\_\_\_\_

Independence \_\_\_\_\_

Enthusiasm \_\_\_\_\_

Thoughtfulness \_\_\_\_\_

Low-Key \_\_\_\_\_

Accuracy \_\_\_\_\_

Quantifiable Outcomes \_\_\_\_\_

Decisiveness \_\_\_\_\_

Passion \_\_\_\_\_

Cooperation \_\_\_\_\_

Dependability \_\_\_\_\_

Completeness \_\_\_\_\_

What frustrates you?

Emotions \_\_\_\_\_

Hesitation \_\_\_\_\_

Cautiousness \_\_\_\_\_

Rudeness \_\_\_\_\_

Pushiness \_\_\_\_\_

Sloppiness \_\_\_\_\_

Weakness \_\_\_\_\_

Over analyzing \_\_\_\_\_

Constricting Rules \_\_\_\_\_

Dissent \_\_\_\_\_

Urgency \_\_\_\_\_

Lateness \_\_\_\_\_

How often do events occur when you use these words?

Always \_\_\_\_\_

Frequently \_\_\_\_\_

Rarely \_\_\_\_\_

A lot \_\_\_\_\_

Almost always \_\_\_\_\_

Sometimes \_\_\_\_\_

Never \_\_\_\_\_

Most of the time \_\_\_\_\_

Do you notice these when others speak?

Rate of Speech \_\_\_\_\_

Level of Detail \_\_\_\_\_

Vocal Variety \_\_\_\_\_

Words Used \_\_\_\_\_

Pauses / Nodding \_\_\_\_\_

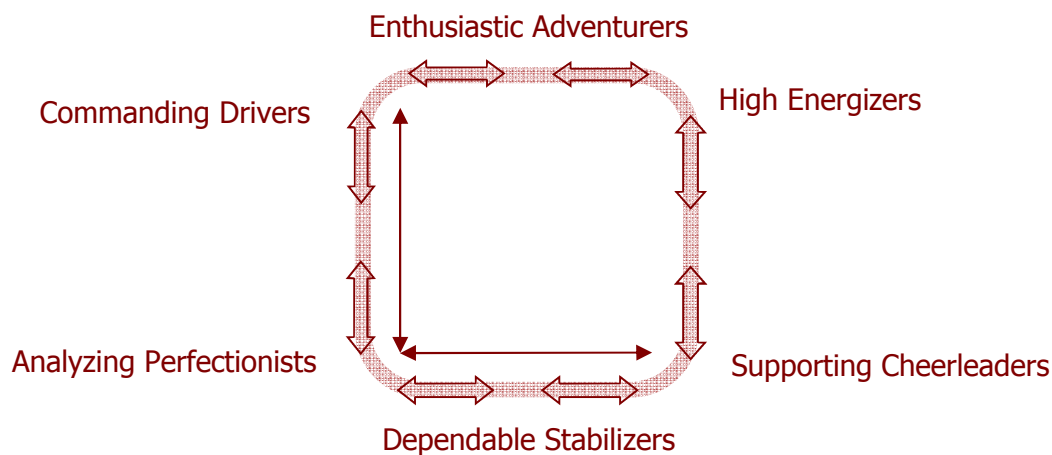
Personal Space \_\_\_\_\_

Hand / Body Movements \_\_\_\_\_

If so, which ones? \_\_\_\_\_

What is your response to any of the above? \_\_\_\_\_

Six Arcs of the Personality World  
[plus two focuses: priorities and urgency]



Based on Shari's program, what two communication areas will you focus on improving in the next 30 days? And what action will you take?

1. Area: \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

2. Area: \_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_

Email Shari at [Shari@CornerStoneStrategiesLLC.com](mailto:Shari@CornerStoneStrategiesLLC.com) to explore how improving your inter- and intra-personal, and neuro-communications can further enhance your work relationships!

About Shari Frisinger:

Using her Master's degree communication research as a foundation, Shari developed concepts and techniques to *communicate more clearly, be heard, understood and acknowledged, manage your reactions and take back your time*. A professional speaker, trainer, facilitator, coach and consultant, she is *certified in Emotional and Social Intelligences*, incorporating both in her speeches and workshops. In addition to running her own company, she is an adjunct professor at Mountain State University, School of Leadership and Professional Development, teaching the core Organization Leadership courses. She has freely donated her time in serving on boards of numerous professional organizations. Her most popular speeches and seminars are on "Three Sides to Every Story: Conflict & Listening" and "Mistakes: The Flip Side of Brilliance". Shari can be contacted at [Shari@CornerStoneStrategiesLLC.com](mailto:Shari@CornerStoneStrategiesLLC.com).

Your feedback is most appreciated:

What is your biggest take-away from this session? \_\_\_\_\_

What was the least useful item from this session? \_\_\_\_\_

On a scale of 1 to 10 with 1 indicating disagreement and 10 indicating agreement:

The steps were presented in a way I could easily remember and implement \_\_\_\_

The ideas and concepts of this program are valuable \_\_\_\_\_

The program stimulated my thinking \_\_\_\_\_

The value of this session was \_\_\_\_\_

Additional Comments \_\_\_\_\_

Would you like to learn more action steps on how to communicate more effectively and be heard and understood? \_\_\_\_\_

Would you be interested in training or coaching from Shari? \_\_\_\_\_

Who do you know that would benefit from Shari's speaking, training, consulting or coaching programs?

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

If you would like to receive Shari's newsletter on emotional intelligence, communication snafu's and resolving conflict, please complete the section below or give Shari your business card.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Company Name \_\_\_\_\_

Email \_\_\_\_\_