

Monique Caissie



ASK FOR WHAT YOU WANT! How To Start The Conversation You've Been Avoiding

Monique draws from her background as an Educator and Experiential Facilitator to help you tap into what is most meaningful to you when having to face differently thinking people in your life.

Delegates rave about her ability to make them laugh while they learn. Will your audience be next?



Rave Reviews:

"This is a very positive workshop which gave me perspective not only for my work life, but my personal life."

Lesette Morales, Intervenor for Deafblind, CNIB, Milton, ON

"Monique has offered a variety of programs at the WIWC; courses, supports groups, and a workshop series. Her professionalism and passion are evident and she is extremely adaptable at tailoring her message to the group and the circumstances. Thank you Monique!"

Connie Brown, Programming and Membership Coordinator, West Island Women's Centre, Pte-Claire, QC

"What a performance! She is as funny as she is relevant. Monique masters her topic, and to our delight, she also masters the art of delivery from the stage."

Sujata Vadlamudy, Entrepreneur,
Owner of Attitude Orange

KEYNOTE or TRAINING

Help the brilliant people in your organization live up to their full potential. Give them the communication tools that may elude them around the people who drive them crazy!

Summary :

Many times, we hold back not knowing how to start a conversation until we can't take it anymore. Then we may overshoot and become aggressive or leave the company.

Imagine how much more collaborative people will be when confident, respectful requests replace avoidance or threatening demands.

After this program, you will be able to:

- Recognize the 3 emotional clues that your boundaries are being crossed by someone
- Use a simple 4 step approach to start a conversation
- Directly ask for what you want without pleading or attacking
- Understand when and how to set consequences


Who Should Attend?

This is perfect for leaders, managers and other smart people, who find themselves at a loss for words and then feel the moment has passed. This tool is a starting point to open up valuable dialogues and increase confidence and personal effectiveness.

Program Length:

This program can be customized from 60 minutes (keynote/breakout) to half-day and full-day formats. Strategic Work Sessions are customized to address organizational objectives using a consultative process

To Book Your Event or a Strategic Work Session
Call : 514-661-3470
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