Course Title: Power Communication Skills for Women

Course Description:
Understanding the differences between how the genders communicate, how they are perceived, and effective ways to be more powerful is the focus in this supportive and empowering course. The topics presented are Getting Heard and Being Understood, Setting Boundaries and Staying Cool, Communicating Styles and What Works, Dealing with Difficult Situations, Eliminating Self Sabotage, and Turning Failure into Success.

Course Objectives:
1. Understand the difference between how the genders communicate, how they are perceived.
2. Learn effective ways to be more powerful in communicating
3. Eliminate self-sabotage behaviors and understand how your body can talk.

Lesson Plan – by week or session
Session 1: Introductions and syllabus. Student Data Forms
   Getting Heard and Being Understood
   Setting Boundaries and Staying Cool
Session 2: Communicating Styles and What Works
   Dealing with Difficult Situations
Session 3: Eliminating Self Sabotage
   Turning Failure into Success
   Student Evaluation of Instruction