

COURSE TITLE: MASTERING THE MIND, SELF-COACHING AND COMMUNICATION TECHNIQUES

Course Length: 3 Hours

When: Wednesday June 4th

Afternoon Class: 2pm-5pm

Location: Swinomish Casino

Cost: \$275 Per Participant

COURSE TOPICS

- Understanding the Mind in Communication
 - Conscious vs. Subconscious Mind- Patterns and Behaviors
 - Building Self-Awareness
 - The Power of Body Language
 - Active and Effective Listening
 - Reframing Techniques
 - Ego Management
 - Accountability and Ownership
 - Goal-Setting for Communication Mastery
 - Sustaining Progress and Long-Term Growth
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COURSE DESCRIPTION:

In today's fast-paced world, effective communication is a skill that shapes personal and professional success. Mastering the Mind is an immersive training designed to empower participants with self-coaching techniques that enhance communication, foster connection, and build confidence. This course guides learners through essential communication pillars such as body language, active listening, ego management, accountability, and goal-setting—each critical for mastering interpersonal and self-directed communication.

Participants will explore the power of non-verbal cues, learning to recognize and utilize body language to convey confidence and engagement. Techniques for active listening will be developed to improve understanding and empathy in interactions. Additionally, the course addresses the role of ego in communication, teaching methods to manage ego for more constructive conversations. Emphasis will be placed on accountability, ensuring that learners take ownership of their communication styles, and finally, goal-setting practices that align communication with personal and professional growth.

Through expert-led lectures, practical exercises, and interactive discussions, Mastering the Mind equips individuals with transformative self-coaching tools for personal empowerment and effective communication in all aspects of life.

