

Brave, Honest Conversations™

Some conversations are hard to have. Fear and discomfort build in your body and you avoid and procrastinate or pretend everything is fine. Sometimes you rush in with urgency, wanting to smooth things over, fix things, and make them better. Sometimes you go to battle stations, positioning the conversation so you have a higher chance of being on the “winning” side.

None of this works.

Instead, it usually makes a hard conversation harder; more divided, polarized, and disconnected from others. The more people involved, the harder the conversation can be. I believe that brave, honest conversations are how we solve the problems we face in our world - together.

In this workshop, we cover:

- What is a Brave, Honest Conversation? Why have one? What can change because of a brave, honest conversation?
- How do you have one? What do you need to think about and do?
- How do you prepare yourself for a brave, honest conversation?

Outline of workshop

Over 2.5 hours, we will cover:

- Welcome, intros and check-in
- What are the brave, honest conversations we need to be having?
- Why don't we have them more often? What stops us?
- What is a Brave, Honest Conversation? What do they look and feel like?
- What is your manifesto for a Brave, Honest Conversation?
- What is Brave? How do you step into courage to have these conversations?
- Step by Step – How to have a brave, honest conversation

Learning objectives

- Understand the mindset and actions that allow brave, honest conversations
- Learn a step by step approach to having brave, honest conversations
- Reflect on how to gather their courage for their next challenging discussion



Presenter info

Stephani Roy McCallum is the Chief Storm Rider at the [Courageous Leadership Project](#) where she steps into the storm of high emotion and conflict, and helps people ride it out to clearer skies. Steph is a Leadership Coach, Certified Professional Facilitator and a seasoned engagement leader specializing in conflict, high emotion and controversy. She has facilitated conversations on 5 continents over 25 years, engaging people in dialogue on controversial projects, working with individuals, organizations and communities to transform conflict and create momentum for positive change. Steph was the 2008 International President of IAP2, has been an IAP2 Foundations trainer since 2005 and is a trainer and was the lead developer of IAP2 Strategies for Opposition & Outrage in P2. Stephani believes that the world needs a new kind of leader who shows up, takes a stand and changes the world for the better. Steph believes that brave, honest conversations are how we solve the problems we face in our lives, organizations and communities – together.

