

HARD CONVERSATIONS Toolkit

What is the Hard Conversations Toolkit?

We're living in divisive times. As women, we must step into the hard conversations, which will let us communicate more effectively—and more importantly, listen to each other. This popular Women For One course helps you get through the rough patches with grace and ease, because that's how transformation begins.



Why have the hard conversations?

- 👉 They help us clarify our own values so we can confidently stand up for what we believe in.
- 👉 They help us become the ones who bridge the divide instead of perpetuating it.
- 👉 They let us address charged topics—from racism to politics to climate change—instead of avoiding them.
- 👉 They make us braver, more trustworthy communicators who instigate meaningful change.

What you'll get

The Hard Conversations Toolkit is made up of five modules:

- 👉 Info on navigating the three “phases” of a hard conversation
- 👉 Audio “empowerments” to introduce the lessons
- 👉 Exercises and questions on how to face and resolve conflict with confidence
- 👉 Quick tips and FAQs—with our answers