

# Tired of talking but not really being heard?

Discover How to Be Understood Every Time Without Ever Needing to Fight!



**Lesli Doares** is a Marriage Expert with a background as a Licensed Marriage and Family Therapist. Using an engaging, conversational, and thought-provoking approach, Lesli provides the tools that lets her audience create the successful personal and professional relationships they have always wanted.

Lesli is a passionate proponent of what makes relationships successful. She is gifted at understanding and explaining the dynamics of relationships in a way that enables others to see the possibilities in their own lives. Lesli knows that the health of our primary relationships impacts our every-day lives. Distress in those relationships is costly mentally, emotionally, and physically to us and those around us. She shares her most effective and practical strategies to foster love and serenity.

Lesli lives in North Carolina with her husband of over 30 years and her one-in-a-million cat, Jonesie.

## TALKS

### 3 Secrets to Great Communication: How to Create Real Connection at Work, Home, and Life!

*Revolutionize your approach to conflict and discover the easy, effective way to have the peaceful life you desire.*

- ❖ Discover the #1 behavior that is keeping you from being heard and understood
- ❖ Harness the powerful actions that invite genuinely open dialogue
- ❖ Gain knowledge about the transforming capacity of real listening
- ❖ Identify the skills necessary to create deeper, more meaningful relationships in all aspects of your life

### How to Figure Out What You're Really Fighting About So You Can Finally Stop!

*Free yourself from the unproductive patterns that keep you stuck in conflict and unable to reach real, workable solutions in life and love*

- ❖ Understand why "Fighting Fair" never works
- ❖ Identify what's really at the core of you remaining in the fight loop
- ❖ Learn the powerful actions that will move you from frustrated and fighting to listening with compassion and understanding
- ❖ Discover the inner peace you will have once you step away from the resulting fear, discord, and disconnection of conflict

 *Using real life examples, Lesli helped me rethink "healthy arguing."* Shana M.

*In an entertaining and informative way, Lesli busted the "fight fair" myth and shared the mechanics of good communication.* Michele D. 