Power Skills Workshop

Often mislabeled as ‘soft’ skills, these are the skills that can make you a better contributor, teammate and leader. We think they are deserving of a name that is more indicative of their impact: Power Skills. In these hands-on sessions you’ll have the opportunity to discover a bit more about each: Active Listening, Emotional Intelligence and Negotiations. Then, we’ll put the “work” in workshop, giving you the opportunity to practice and apply what you’ve learned. We’ve built these courses to work together, but they are also useful independently. We’d love for you to join us for as many as your schedule allows.

Active Listening: Listening is often the missing piece of communication. We place so much emphasis on speaking, that we frequently forget the critical step of listening. Join us to explore the three types of listening that most impact our ability to communicate effectively.

Emotional Intelligence: Our ability to recognize, understand and regulate our own emotions directly impacts our ability to build and maintain relationships. Unlike our IQ, our emotional intelligence is not fixed. It can be improved and expanded through practice and purpose. We’ll discuss the four components of Emotional Intelligence and explore techniques to grow in each dimension.

Negotiations: What’s between Yes and No, my way and your way? Negotiating is a way for us to find the common ground that is between two seemingly conflicting positions. We’ll explore some basic negotiation techniques to help you prepare for your next negotiation opportunity.

Presenters: Joslynn Hon,

Joslynn just celebrated her 20th anniversary at HDR. She likes that true statement to be followed by this lie: she was HDR’s youngest ever hire at the age of 12. When she isn’t busy writing about herself in the third person, she loves to connect people: to each other, to ideas, to action. Her favorite days at work are the ones spent collaborating with others, meeting new people and creating solutions. In her role as Director of Learning and Organizational Development, she gets to do each of those things every day for a company she loves. Making her both lucky and extraordinarily happy!