



Bounce Forward...

with Charmaine Hammond

Building resilient and inspired teams!

Grow. Build. Change. Connect

How would your company's bottom line be different if your teams were inspired and resilient? What if they bounced forward after change, conflict, challenge and adversity?

Successful companies and teams know that the ability to:

- Engage in courageous dialogue (respectful communication in difficult conversations),
- Increase team spirit and commitment,
- Move beyond surviving to thriving during change, and,
- Develop respectful workplace relationships

increases the company's potential to remain competitive, retain employees and achieve success on many levels.

Since 1985, Charmaine Hammond has worked with individuals and teams to develop resilience, inspire growth and survive difficult conversations through courageous dialogue. As a young female Correctional Officer in her first career, she quickly learned that the key to safety was a unique approach to communication and conflict resolution. These experiences (both as an employee and in a leadership capacity) resulted in Charmaine pursuing her passion for education, completing a Master's degree in Conflict Analysis & Management. Having worked as a contract specialist and negotiator for government, she opened her own business, mediating hundreds of conflict and group conference cases. Charmaine's **Ready, Set, Grow** approach helps individuals identify what gets in the way of success, and plant the seeds for growth and success. Her unique approach inspires momentum.

Here's what people are saying about Charmaine:

Most requested topics:

- Courageous Dialogue
- Igniting Resilience
- From Conflict to Opportunity
- Vision Boards for the Boardroom

The evaluation forms completed by our attendees ranked the seminar as excellent and, having personally attended, I echo their sentiments that the participation element of your instruction style is very much appreciated. Charmaine, your ability to effectively communicate with all levels of an organization is a wonderful trait.
Municipal Manager, Alberta

I would not hesitate to recommend her as someone with the competence to design and deliver adult education. She is an upbeat and positive person and very committed to a high level of customer service to her clients. HR Manager, Alberta

Both the course content and Charmaine herself consistently received outstanding evaluations and we were very fortunate to have Charmaine bring this level of professional excellence to our College. Manager, College, Alberta

Contact Charmaine Today!

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