



Breaking Thru Barriers



Dr. Kate L. Webster, *Speaker, Trainer, Author*

Key Notes

Quiet Power: The Key to Speaking Up

- Breaking a board symbolizes an ability to break thru barriers that hold you back and prevent you from speaking up for yourself.
- *Quiet Power* Key Note provides dynamic content and tools for audience members to authentically speak up for themselves—and feel good about it.

Seminars:

Mindful Communication: Managing Difficult People & Discussions

- Have you ever noticed how challenging it can be to communicate effectively when faced with a difficult person or situation?
- *Mindful Communication* Training provides concrete skills to:
 - Learn how to best fit a communication style to your personality
 - Identify and remove biases that cause misunderstandings
 - Practice maintaining composure in challenging situations

One-On-One Coaching:

Customized Quiet Power Effective Communication Skill Training

- Assessment of communication styles that best fit your personality.
- Verbal and non-verbal skills training for a variety of interpersonal and work related situations.

Testimonials

"The Mindful Communication program has made me more aware of my impact on my clients through my communication style."

"What resonated for me was the message of believing in yourself. I hadn't made the connections she talked about and now I see what's been holding me back."

Dr. Kate's Qualifications

- Ph.D. Education, Univ of Chicago
- A.B. *cum laude*, Harvard University
- Published academic author
- Part-time university professor
- 3rd Degree Black Belt in Karate
- Certified Self-Defense Instructor

Book Dr. Kate Today!

Dr. Kate Webster

Founder, **Breaking Thru Barriers**

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"I was fully engaged throughout the full-day training. Dr. Webster's style is smooth, informative, entertaining and validating to participants. It was one of the best trainings I've taken in my career!" BtB training participant