



Bonnie Artman Fox

WORKPLACE CONFLICT EXPERT

Resolve Conflict | Build Trust | Bring your Team Together

How Did My Family Get In My Office?!

Surprising Ways Your Upbringing Impacts You at Work

It doesn't matter whether you're in your 20's or 60's, chances are, how you were brought up is still affecting how you lead, communicate, and deal with conflict. Without realizing it, your work life is an extension of your life history. By identifying how your family dynamics show up at work, you can improve how you communicate and lead.

Based on her bestselling book, *How Did My Family Get In My Office?! is Bonnie's signature program that features how real-life leaders transformed their conflict style in the workplace through self-awareness about their upbringing.*

Audiences leave with self-awareness and productive conflict management strategies to immediately apply to their leadership.

Key audience take-aways:

- Uncover how your parents (your first leaders) influenced your mindset about conflict
- Assess whether your current conflict style is helping or hurting your relationships
- Discover healthy, pro-active ways to deal with difficult behavior and unresolved conflict

Every attendee walks away with a copy of Bonnie's book *How Did My Family Get In My Office?! The self-reflection questions at the end of each chapter are a great resource for ongoing team development.*

There are many different options of delivery with this program and room for customized content.

Training and Keynotes to Bring Leaders and Teams Together

Bonnie Artman Fox is an accredited leadership coach, bestselling author, and professional speaker.

Known for her innovative Workplace Family Factor® framework and book, *How Did My Family Get In My Office?!*, Bonnie works with executive leaders and team managers who want to stop divisive behaviors, resolve conflict, and build the team trust needed to create healthy work cultures that drive results.

She knows workplace conflict well: The infighting, the gossip, the lack of trust, that difficult employee, and the good ones leaving in droves. The difficult conversation that everyone's avoiding are the "elephants in the room." These are the communication problems that tear teams apart and decrease employee engagement, productivity, and bottom-line results.

Drawing from decades of experience as a psychiatric nurse and licensed family therapist, she has equipped thousands of people with interpersonal skills to resolve conflict in both their personal and professional lives.

Bonnie's fun and engaging approach to emotional intelligence and resolving workplace tension will empower your leaders and teams to work better together.



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YOUR TEAM TOGETHER!

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