



Conversational Fluency Master Class

A 6-week Master Class for leaders and individuals to improve connecting with others through meaningful conversation, and increasing the potential of effective collaboration.



nurture trust & empower purpose.

Build meaningful connections **one conversation at a time**

Welcome to Conversational Fluency.

Conscious leaders have the ability to nurture relationships, reduce conflict and increase collaboration. High quality relationships are built on trust and open conversation. This 6-week immersive course takes leaders through a journey of consciously transforming their own relationships one conversation at a time.

Conversations are the foundations of our relationships, they are the engine rooms of our organizations, the space where collaboration and collective wisdom can occur. Yet they can often become the place of misunderstanding and missed opportunity.

Most of us will be aware of missed or '*missing conversations*', the conversations that we would really like to have to help heal relationships, to deepen friendships, to enhance work places and potentially change the world.

Yet all too often we avoid these conversations, not sure of how to have them, not sure of how we might feel and how we or others might react. It seems that although conversation is foundational to our lives we don't spend that much time or energy developing our ability, skills and approaches of what we call conversational fluency; the ability to have '*missing conversations*'.

The Conversational Fluency Master Class combines deep self-reflection with vulnerable and open conversation in safe spaces to explore and play so that you can then bring your wisdom into your daily life and leadership.

Start your journey today

SIGN UP



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An immersive journey to **experience the potential of great conversation and build meaningful connections.**



Increase your awareness and capacity for **holding high-quality conversations**



Practice **new skills in a safe space** to prepare for your missing conversations



Learn how to build **trusted spaces** that invite collective wisdom



Engage with other people at a level of **meaning and purpose**



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For me the great pain is whenever there is no awareness and action, and an inability to use language to get to the point you want to. The fun part at The Argonauts is that people have a common context – which allows for greater healing, greater ecstasis, and a greater sense of community.



Curt Cronin

Broadway Strategic Return Fund



Alastair Fernie

CFG Law



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What will this Master Class **look like?**

A look inside

Our Master Class supports conscious leaders and individuals who desire to find ways to support the transformation of themselves and others.

Transformation occurs not just in the acquiring of new skills, but in putting those skills to practice. Our class is unique in that it combines deep self-reflection with vulnerable, professionally facilitated weekly conversations.

Every week leaders will be invited to reflect on offered material and then bring their reflections into a Trust Circle. A Trust Circle is a space where participants bring their full vulnerable selves. A space where we meet all of ourselves and each other, where we have the difficult conversations we don't often have in other places. Without this practice of sharing and listening with courage and curiosity there would be no journey towards greater consciousness.

Program

• Week 1

Kick-off

We start by creating a basic understanding of the Argonauts' philosophy, the value proposition and foundational principles.

• Week 2

Reacting versus Responding

Conversational Fluency begins with our ability to understand where we are in the conversation. We can either be reacting or responding.

• Week 3

Our Missing Conversations

We start to define the conversations that really matter for us in our lives, and we commit to having these 'missing conversations'.

• Week 4

How Life Happens

In this week we explore 4 different ways we can respond to life and therefore respond to conversations and relationships.

• Week 5

Empathy: From Me to We

Here we take a deeper exploration into an empathic world view, one where we move from a Me focus to a We focus.

• Week 6

Bringing Conversational Fluency Alive

In our last week we look to where we apply our insights; our families, friendships, work teams, organizations and communities.



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The Master Class in a **nutshell**

This Master Class offers a proven methodology for leaders and individuals wanting to reduce relational conflict and increase collaboration.

Audience	Change makers, people inspirers, paradigm shifters. HR Directors, Founders, Learning and Development specialists, C-Suite executives. Self funded and organizationally funded
Duration	6 weeks
Group size	6-8 participants per Trust Circle plus 1 facilitator
Components	Weekly exercises (~ 45 minute reflection per week) 90 minute virtual Trust Circle sessions per week
Price	1,790 EUR / 1,950 USD per person
Start dates	See our website

