

Communication That Creates Cooperation

Learn how to communicate at work and at home in ways that create cooperation. Participants will learn effective ways to ask for what they want, de-escalate difficult conversations and create outcomes that are not only healthy but sometimes even synergistic. Participants will be able to practice in a safe environment, the discovery of their needs, communicating their needs and developing empathy and compassion for the other person's needs as well.



A “catalyst for creating healthy relationships” is the best way to describe Kathryn Kvols. A dynamic and entertaining international speaker, Kathryn has worked with thousands of teachers, nurses, counselors, childcare workers and parents, presenting keynote addresses, workshops, and classes. Kathryn presents fresh new ways at looking at age-old problems. Seeing with these new eyes, her audience is inspired to make amazing shifts toward loving action. These loving actions are creating more satisfying relationships at home, in school and in the workplace.

Kathryn has a Bachelor of Science degree in Psychology and Social Work with a minor in Education from Concordia College in Minnesota.

She is adept at creating safe learning environments through her heart-felt speaking style, her sense of humor, and insightful observations. Her

workshops are interactive and her audiences walk away with practical tools they can implement immediately.

Highlights of her career include being invited to speak at the World Peace Conference in Costa Rica and being interviewed as an expert for the PBS Documentary, “The Children Are Watching.”

She is an international speaker and has facilitated workshops in Australia, Russia, Canada, Israel, Honduras, Mexico and Belize.