



COMPREHENSIVE FITNESS

RESULTS-ORIENTED COMMUNICATION



Is this You?

You want to communicate effectively, but difficult conversations, misunderstandings, and unmet expectations keep getting in your way. You're tired of repeating yourself and hoping for better outcomes. You want practical tools to build trust, strengthen relationships, and turn everyday conversations into meaningful results.

RESULTS-ORIENTED COMMUNICATION



PARTICIPANTS WILL LEARN TO

- ✓ Recognize conflict and close communication gaps.
- ✓ Ask questions to uncover needs, assumptions, and solutions.
- ✓ Respond intentionally instead of reacting emotionally.
- ✓ Create shared understanding for better decisions and actions.
- ✓ Build stronger relationships through authentic connection.

KEY OUTCOME

Develop the awareness, confidence, and practical skills to communicate with intention, strengthen relationships, and create better outcomes in every conversation.

WHO SHOULD ATTEND

Designed for individuals, families, teams, and organizations in any industry. We meet you where you are and provide practical tools to strengthen relationships, navigate conflict, and create better outcomes wherever relationships matter.

TRAINING FORMAT

Method: Experiential and practice-based, participants work through real-world scenarios, rehearse important conversations, and receive coaching in a supportive environment. Come with a challenge, leave with a plan.

Length: 4, 8, or 16 Hours
(Also available in shorter formats)

"Pause with purpose. Speak with intention. Listen for understanding."



ABOUT JOE WILLIS

A retired Army First Sergeant and leadership coach who draws on decades of experience leading teams and mentoring professionals through high-stakes conversations that build trust and deliver results.

LET'S CONNECT!

✉ jwillis@comprehensive.fitness

📞 573-337-9484

🌐 www.comprehensive.fitness

🌐 [linkedin.com/in/joewillis/](https://www.linkedin.com/in/joewillis/)