

## Join Us Thursday, September 14th in Bakersfield

### **Are We Really Communicating?** **with Dr. Michelle Bradford and Dr. Sharon Starcher**

Do you know we spend approximately 70% of our time communicating with others in some form or another? We typically spend 25% of that time reading and writing (including emails, text messages, job proposals, books, etc.), 30% of our time is spent talking, and 45% listening!

Communication skills go beyond just talking; communication is how we share information with colleagues, it is how we resolve conflict, and the key to developing a common understanding among team members and colleagues. Oral and written communication skills are essential to our success as an individual, a leader, and to our organizations and effective listening skills contribute to building positive relationships in all of these arenas.

Join us on Thursday for an interactive session that will test your communication and listening skills, provide tips and ideas on how to improve your own communication skills.



**Dr. Michelle Bradford**



**Dr. Sharon Starcher**

Dr. Michelle Bradford and Dr. Sharon Starcher have over 35 years of combined experience in team building and training in corporate, military, nonprofit, and higher educational settings. Their hands-on activities and debriefs will offer you an entertaining and value-added evening you won't want to miss!

Dr. Bradford holds a Bachelor of Business Administration in Marketing from InterAmerican University of Puerto Rico, a Master of Business Administration from University of Phoenix, and holds a Doctor of Psychology in Organization Development at Alliant International University-California School of Professional Psychology.

Dr. Starcher completed her Bachelors of Arts in Management and Organizational Development, and her Masters of Arts in Leadership and Organizational Studies at Fresno Pacific University and received her Doctorate in Business Administration with a concentration in leadership, from Walden University.

#### Meeting Agenda

- 6:00 – 6:30 pm** Networking, Dinner
- 6:30 – 7:35 pm** Speaker Presentation
- 7:45 – 8:00 pm** Announcements & Chapter Business

#### Cost (Includes Dinner):

**\$25** pre-paid or at the door

**Please RSVP by 9:00pm Sep 13<sup>th</sup>**

**Location:**  
**Hodel's Country Dining**

5917 Knudsen Dr.  
Bakersfield, CA 93308

**Meeting Co-Sponsored by  
PMI-CCVC & ...**

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The **California Central Valley Chapter (CCVC)** is your local chapter for the **Project Management Institute (PMI)**. This education event is conducted as an opportunity for local project managers and professionals of all disciplines to network and learn new tools & techniques. PMI Credential holders will earn **1 PDU** for attending this meeting.