



**Thursday, May 27, 2010**

## Creating Quality One Conversation at a Time

*Salley Trefethen, Corporate Coach  
First and Central Coaching*

**UNM Conference Center—Room C**  
**1634 University Blvd NE**  
 \$20 Non-members  
 AQN Members free

**Networking & Registration:**  
 7:00am–7:30am  
**Seminar: 7:30am–9:00am**

**Please register by 4 pm 5/24/10 – call 856-5147 or online at [www.aqnetwork.org](http://www.aqnetwork.org)**

### SEMINAR

People succeed through relationships that work. Relationships succeed through conversations. What if you could improve conversations at work? What would that do for quality? This seminar will teach you how you can increase your ability to get results – one conversation at a time. **Discover** the biggest obstacle to creating a ‘quality’ conversation. **Learn** two major keys to speaking and listening to achieve greater results and greater quality at work and elsewhere in your life. **Take away** five things to say to have your listener(s) least likely to defend and most likely to engage with you in a solution.

### PRESENTER

Salley Trefethen is a Corporate Coach with First and Central Coaching. Her specialty is coaching managers who want to be promote-able. Working with her is like being at home with all the lights on, getting fully engaged with who you are – your ticket to being promote-able. Along with her seven years experience as a coach, Salley has 15 years experience as managing partner of an environmental consulting firm, ten years experience in corporate American, and ten years experience as an educator and trainer.

### 2010 Corporate Partners

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