

# Effective Communication & Powerful Leadership Skills

## February 9 – 11, 2026

### *Training Overview*

This training will provide you with essential people skills around Leadership and Communication to elevate success and performance in the workplace.

You will work through a variety of hands-on exercises and activities to understand the concepts and then apply them to actual industry scenarios you will inevitably face and must navigate. This includes simulated workplace scenarios and participation in role play conversations, practice facilitation of meetings, navigate difficult situations with the right approach and so on. You will receive direct, spot-on coaching and guidance. This will be a safe and nurturing environment where you can fail, laugh, and flourish while learning about the industry challenges you will encounter throughout your career.

## Top Student Takeaways from the Workshops

- Cultivate an expansive mindset around challenge, failure, risk, and growth.
- Learn about self-awareness, blind spots, and one's character qualities.
- Develop one's self-confidence through body language, voice, eye contact & posture.
- Identify as a leader, influencer, and advocate for new ideas and positive change.
- Develop their Unique Serving Proposition (branding statement).
- Advocate for healthy workplace cultures.
- Build higher resilience, compassion, curiosity, and empathy as future engineers.

## Training Schedule

### Day 1 of 3 (Monday February 9<sup>th</sup> 2026)

#### 1-hour "Lunch and Learn"

*10:30am – 11:30am, Holmes Hall 244*

These sessions are intended for shorter group presentation during social time, designed to spark conversation and additional question/answer time.

## Topic: NETWORKING AND RELATIONSHIP BUILDING

Building relationships is a lifelong process in a successful career, and yet it does not come naturally to many. Regardless of one's personality tendencies, or cultural or language barriers, everyone can learn how to network effectively at an event and how to build relationships. We go over helpful dialogue openers, and follow-up messages to nurture relationships over periods of time, and the best tools at our disposal.

### **2-hour workshop**

*3:30pm – 5:30pm, Holmes Hall 244*

#### Training Focus (Part 1): CONFIDENCE AND THE POWER OF VOICE

Confidence is a skill that can be developed and is accessible to everyone. In this module, we cover the mindset, building blocks and benefits of self-confidence, and provide a framework to work on one's confidence step by step. Then we do a deep dive around the power of one's voice. With culture gaps, personality stigmas, and language barriers in the workplace, we emphasize the importance of speaking up when necessary and using our voice for good. These skills help overcome one of the reasons engineers struggle in meetings and other scenarios. We turn this around with practical tools and strategies.

#### Training Focus (Part 2): UNIQUE SERVING PROPOSITION (USP)

Even if you are an employee in an organization, you must have your own unique brand and be able to articulate your unique value and contribution. This is different from the engineer's official title and work responsibilities. This is a well-crafted story that each engineer learns and starts to build in this module with emphasis on an overlooked area: their character. Our model covers 3 essential pillars, combined to yield an engineer's Unique Serving Proposition. We then cover the practical application of this USP in various workplace situations and career paths.

## **Day 2 of 3 (Tuesday February 10<sup>th</sup> 2026)**

### **90-minute Individual Coaching/Mentoring for students (AM Session)**

*10:00am – 11:30am, Holmes Hall 244*

### **90-minute Individual Coaching/Mentoring for students (PM Session)**

*3:00pm – 4:30pm, Holmes Hall 244*

These sessions are for attendees to receive 1:1 or small group attention in a more intimate setting, practice role play, deep diving into individual scenarios around career/academic challenges and goals.

*5:00pm – 7:00pm, Holmes Hall 244*

#### Training Focus: SALARY NEGOTIATION

For early careerists, the concept of salary negotiation is both daunting and overwhelming. This is a skill to develop like any other and all must learn it well. Whether one is negotiating salary and compensation for a new job or in the course of a career, salary adjustments are rarely automatic. It is up to the person to lead this effort. In this module, we teach why and how we always negotiate solely based on value, not self-worth.

### Day 3 of 3 (Wednesday February 11<sup>th</sup> 2026)

#### **1-hour “Lunch and Learn”**

*10:30am – 11:30am, Holmes Hall 287*

#### Topic: LEADERSHIP LANGUAGE

The influence one can exert with the right language in the business/corporate world cannot be overestimated. When engineers learn to speak the leadership language in a business meeting, with their upper management, customers, executive sponsors or other high stakeholders, they feel validated and engage in important conversations, as well as influence the response and the decisions in the organization. They earn a higher level of respect, visibility, trust and raise their own reputation with this show of leadership. Research has shown that these engineers are far better equipped to navigate delicate situations and raise through the org charts as trusted emerging leaders.

#### **2-hour workshop**

*3:30pm – 5:30pm, Holmes Hall 244*

#### Training Focus (Part 1): CONFLICT RESOLUTION AND BUILDING TRUST

Conflict in a work environment is inevitable. It is how we handle it and move on from it, and how we use conflict as a means to build even deeper trust that sets apart the true savvy professional. We discuss the distinction between healthy conflict versus unhealthy conflict that needs to be resolved, and a filtering process as well as the effective dialogue to navigate a conflict resolution.

## Training Focus (Part 2): TEAMWORK AND EFFECTIVE FEEDBACK

In almost all workplaces, you belong to a team, whether small or large, and whether you work closely together on a project or operate with a high level of inter-dependence and autonomy, working in teams is crucial to adapting successfully to corporate environments. A large component of that is the ability to receive feedback to grow oneself and to give effective feedback that builds our peers up.

### Trainer Bios

We are former electrical engineers, corporate professionals, and current entrepreneurs & trainers. Our mission is to empower the Future Engineer with the skills we lacked and struggled with in our own careers, skills that are crucial to their long-term impact, growth, and contribution to the STEM fields.



Farnoosh Brock is an electrical engineer (BS & MS), certified in PMP, CCIE and EQ-i 2.0 with 13 years of corporate industry experience and 12 years as a leadership coach, speaker and business owner focused on training and coaching tech professionals, leaders, and managers. She is the published author of *The Serving Mindset* and was invited to speak at Talks@Google.

Andy Brock is also an electrical engineer (BS) with 11 years of corporate experience and 13 years of entrepreneurship and IT security experience. Together, the Brock team is passionate about elevating the Whole Engineer and their impact on our world.





UNIVERSITY of HAWAI'I\* at MĀNOA  
COLLEGE OF ENGINEERING

# LEARN EFFECTIVE COMMUNICATION & POWERFUL LEADERSHIP SKILLS

## Learn with Farnoosh Brock

How can you be better prepared for your career? You are already a brilliant engineer. But are you also a proficient communicator? Will you be seen as a leader and influencer in the workplace? Can you position your unique value to your management and clients?



Farnoosh Brock is coming to University of Hawai'i at Mānoa for 3 days of highly interactive workshops to learn how to

(1) be confident and use the power of your voice, (2) communicate effectively at the workplace, (3) develop your unique brand statement and use it negotiate powerfully, (4) learn how to have the difficult but crucial conversations, (5) manage conflict among peers and more.

In addition to these sessions, join Farnoosh for coaching/mentoring sessions where you can have individual/small group talks around your specific questions.

*Join her on Monday February 9<sup>th</sup> through Wednesday February 11<sup>th</sup>.*

[SCHEDULE & SIGNUP HERE](#)



## Key Takeaways

- Confidence in your voice & presence
- Communicate Effectively
- Build Trusted Relationships
- Identify as a Leader
- Advocate for Healthy Cultures

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