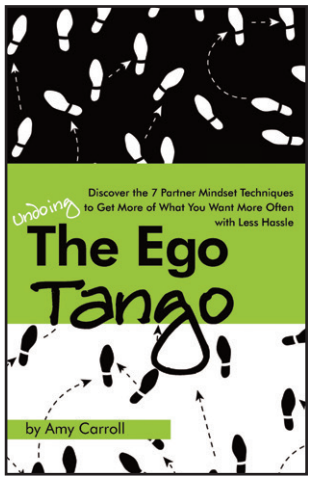
Discover your Moment of Truth

How I Became a Communication Coach and The Old Lady in My Epiphany

Assignment 1

Print the following pages or complete the assignments on-screen.

This worksheet can also be used by those who do not wish to write in their hard copy or want to share the exercise with friends.



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Green Apple Publishing

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Moment of Truth

Here's your first assignment:

Practice becoming aware. Write down the last five or more times you lost your composure and became agitated, anxious or defensive in communication with others.

What were you thinking at the time? How did you feel? How did you notice your ego was triggered?

What happened? What words were used? Be sure to stick with just the facts.

Undoing

The Ego Tango

Discover the 7 Partner Mindset Techniques
to Get More of What You Want More Often
with Less Hassle

Amy Carroll

With over 30 years of personal experience and education, Amy Carroll's understanding of the human psyche is extensive.

Amy leads programs for multinationals worldwide. She is a Professional Certified Coach and certified Master Practitioner of NLP (neuro linguistic programming).

Amy coaches clients to become more dynamic, honest and effective partners, developing their ability to influence others by creating powerful partnerships.

Learn to:

Positively influence customers, colleagues and subordinates to get the outcomes you want with everyone feeling valued and respected

Handle difficult or sensitive topics (customer meetings, financial presentations, major speeches) with less nervousness

Present ideas in a more compelling and confident manner

Develop leadership presence when negotiating with different cultures and personalities

Amy's Education and Training
Psychology (Bachelor of Arts) from Michigan State University
CoachU, a US-based coaching school, PCC certified
JS-International, NLP training, Master Practitioner
BATS (Bay Area Theatre Sports), Improvisational Training
NLP Certified Practitioner
NLP Master Practitioner

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