



Dr. Joshua Coleman

Dr. Joshua Coleman is the **leading psychologist** on family dynamics, estrangement, and mending relationships, as well as an expert on effective communication amidst societal change.

- Top Psychologist
- Bestselling Author
- Effective Communications Expert
- Wellness Retreat Specialist
- Corporate Keynote Speaker

Speaking Topics Include

- Effective Corporate Communication in a Modern Landscape
- New Rules For Parent-Adult Child Relationships: How to Keep Your Best Friend
- The Gray Divorce: Challenges and Opportunities

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Dr. Joshua Coleman's Story

Dr. Joshua Coleman is a top psychologist in the San Francisco Bay Area and a Senior Fellow with the Council on Contemporary Families. He has written for The New York Times, The Atlantic, The Wall Street Journal, NBC THINK, The Behavioral Scientist, CNN, MarketWatch, the San Francisco Chronicle, Huffington Post, Psychology Today, Variety, and more.

He is a frequent guest on the Today Show and NPR and has been featured on Sesame Street, 20/20, Good Morning America, PBS, America Online Coaches, and numerous news programs for FOX, ABC, CNN, and NBC television.

Most interestingly, Dr. Coleman also writes music for television. His music has appeared on Keeping Up With the Kardashians, Lethal Weapon, Chicago Fire, Chicago PD, Longmire, Shameless, RuPaul's Drag Race, and many other shows.



Featured Talks

Effective Corporate Communication in a Modern Landscape

- Communication strategies to increase teamwork, morale, and unity.
- Maximize your business by removing social confusion and better understanding your employees.
- Tools to more effectively communicate both at work and home.

New Rules For Parent-Adult Child Relationships

- Today's parents must be much more psychological and growth-oriented to manage conflicts with their adult children. In addition, they have to speak the therapeutic language of their adult children. Learn how that looks and sounds.
- Discover the 5 most common mistakes parents make with their adult children, how to avoid them, and how to repair those mistakes.

The Gray Divorce

- Learn how to date again when you are years out of practice.
- Reduce conflicts with adult children who don't like the new person you're dating or marrying.
- Discover how to use the divorce as an opportunity for growth and self-exploration.

Wellness Retreats

Dr. Coleman is a great choice for wellness retreats. At these events, Dr. Coleman can talk to attendees about the best approach to maintaining marriages, handling divorce, resolving estrangement, managing mental illness in the family, and any other topics that can help attendees alleviate some of the weight on their shoulders.

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Key Takeaways From Dr. Coleman

In today's environment, the ability to communicate clearly and effectively is essential for collaboration, productivity, and professional growth. In his presentation, he'll highlight the key skills required in today's office settings:

- 1. Active Listening:** Actively listening to colleagues, supervisors, and clients is crucial for understanding instructions, feedback, and concerns. It involves giving full attention to the speaker, asking clarifying questions, and providing feedback to demonstrate understanding.
- 2. Clear and Concise Communication:** Being able to convey information clearly and concisely is essential in an office setting. This includes organizing thoughts logically, using appropriate language for the audience, and avoiding jargon or unnecessary details.
- 3. Professional Writing:** Strong writing skills are important for various written communication tasks in the office, such as emails, reports, memos, and presentations. Being able to write clearly, professionally, and persuasively is key to effective communication.
- 4. Verbal Communication:** Effective verbal communication skills are essential for daily interactions in the office, including meetings, presentations, phone calls, and discussions. This involves articulating ideas clearly, speaking confidently, and adapting communication style to different audiences.
- 5. Nonverbal Communication:** Nonverbal cues, such as body language, facial expressions, and tone of voice, play a significant role in communication in the office. Being aware of and using nonverbal communication effectively can enhance understanding and convey messages more effectively.
- 6. Emotional Intelligence:** Understanding and managing emotions, both in oneself and others, is important for building positive relationships and resolving conflicts in the office. Emotional intelligence includes skills such as empathy, self-awareness, and emotional regulation.
- 7. Feedback and Constructive Criticism:** Giving and receiving feedback constructively is essential for professional growth and improvement in the office. Being able to provide feedback in a clear, respectful manner and accepting feedback with openness and a willingness to learn are important skills.
- 8. Conflict Resolution:** Addressing and resolving conflicts that may arise in the office requires strong communication skills. This includes actively listening to all parties involved, exploring solutions collaboratively, and finding a resolution that is mutually acceptable.
- 9. Networking and Relationship Building:** Building professional relationships with colleagues, clients, and industry contacts is important for career growth in the office. Effective networking involves communicating confidently, showing genuine interest in others, and maintaining connections over time.
- 10. Adaptability and Flexibility:** In a fast-paced office environment, being adaptable and flexible in communication is key. This includes being open to new ideas, adjusting communication styles to different situations, and embracing changes in workflows or processes.

By honing these essential communication skills, audiences can enhance their effectiveness, productivity, and success in the office environment.



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Testimonials

"I wanted to let you know what a tremendous impact you have had on our membership by speaking to us. For the second year in a row, we had a full room of members eager to hear your presentation. Having attended both years, we are still getting requests for speeches of this caliber. In addition, the following are some of the direct comments from our evaluations:

'Dr. Coleman was 5 out of 5 for excellent topic and quality of presentation. Very informative!'

'The topic and the speaker were excellent-we need more of these!'

'A subject everyone can gain from.'

'Good balance of information and humor.'

Thank you for making a difference for our families."

*- Carolyn M Bauer,
Las Madres Speaker Event Committee*

"Dr. Josh, you were amazing! Thanks so much for everything!"

*- Christine Ferraro,
Writer, Sesame Street*

"Working with Dr. Joshua Coleman is a producer's dream. He's smart, thoughtful, accommodating, and looks great on camera! Together, we created an informative and entertaining piece for 20/20."

*- Ann Varney,
Producer, ABC 20/20*

"Dr. Joshua Coleman regularly contributes to the View from the Bay and he is one of our favorite guests.... He always has helpful & thoughtful advice. I think he is such a hit with our viewers because his advice is practical. He gives actual strategies to help you work through difficult situations. I also know when we have a segment planned with Dr. Coleman, it will be great!"

*- Jennifer Walters,
Segment Producer, ABC TV View from the Bay*



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