

# ***From Awkward to Awesome: Transform Your Holiday Conversations!***



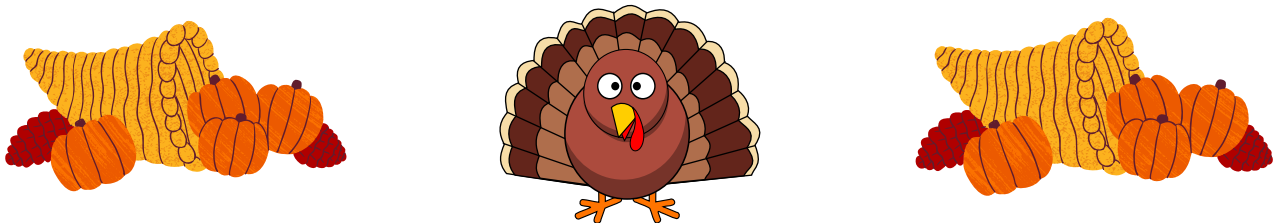
**Created by Joan Stenzler, LCSW  
Communication Specialist, Motivational  
Speaker and Women's Empowerment Coach**

## **Holidays are times of gratitude, joy and celebration right?**

**That's what Hallmark wants you to believe,** But as the holidays approach, instead of feeling the comforting warmth of the season, many people feel frustrated, overwhelmed and stressed out. And while you may wish that everyone gets along and enjoys each other's company at the holiday table, there are so many things that can go sideways in conversations.

**I've had countless clients share their worry, hesitation and dread about attending holiday dinners, family gatherings, and celebrations.** If past experiences have taught you to brace yourself for awkward or heated exchanges, it's easy to show up tense—and leave with a massive headache, even if nothing major goes wrong.

**When the promise of peace and connection shifts into tension and conflict, your hopes for a joyous celebration can fade quickly.**



**That's why I created Awkward to Awesome: Transforming Holiday Conversations- a TOOLKIT OF FOOLPROOF STRATEGIES** ready to defuse verbal sparks and transform potential tension into a more joyful celebration!

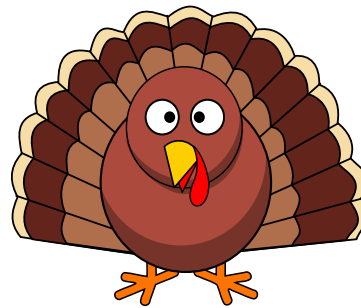
### **THIS POWERFUL COMMUNICATION GUIDE WILL HELP YOU TO:**

- Prepare for meaningful conversations this Thanksgiving
- Set boundaries and respond assertively when around the table
- Decide when to engage or gracefully exit unproductive discussions

**So use your FREE GUIDE to transform your holiday conversations** and make this Thanksgiving more special, meaningful and rewarding!

**Any questions? Please reach out to me:** [info@youramazingjourney.com](mailto:info@youramazingjourney.com)

# 4-Step Process for Addressing Awkward Situations



## How do I address an awkward situation?

### STEP 1: ASSESS THE SITUATION

Is it worth addressing now or later, or should you let it go? If it needs attention, move on to...

### STEP 2: CONSIDER THE PERSON/PEOPLE

Are they reasonable? Has this come up before? If so, proceed to...

### STEP 3: PLAN YOUR RESPONSE

Are you hosting or attending? Will addressing it help or hurt the event? Can it be resolved beforehand?

### STEP 4: ACT OR LET IT GO

Based on your insights, decide whether to speak up or focus on enjoying the occasion.

## LOOK OUT BELOW, HERE COMES TROUBLE!

Here are some unpleasant situations you may encounter, when someone present decides to:

1. Give unsolicited advice
2. Ask very personal questions
3. Bring up controversial topics
4. Interrupt you or cut you off
5. Start an argument at the table
6. Refuse to listen when you speak
7. Ignore others who are present
8. Be rude to the host or her guests

**If one of these situations appears to be in play, ask yourself, “What is the person’s intent behind acting this way?”**

If the comment is said thoughtlessly but with no harm intended, it’s very different than one that’s made purposely toward someone present, or about a person who isn’t there, with the knowledge that it will stir up controversy and bad feelings.

By now, you probably know who’s likely to make such comments and predict which guests will be enjoyable or frustrating to spend time with.

## TRY MY 5-POINT STRATEGIC RESPONSE SYSTEM. IT WORKS!

**CHOOSE TO IGNORE IT:** When something dumb or disruptive is said, if it is at all possible, avoid giving it any attention, in fact it’s best to act as if you didn’t hear it.

**REDIRECT THE CONVERSATION:** Say something in response to comments made at the table, that will to shift the focus of the conversation and redirect those present to join you in discussing a different topic altogether.

**CREATE A DISTRACTION:** This is a specific form of redirect that gives everyone something else to focus on, whether it be your vacation photos or a group game.

**MAKE A RESPECTFUL STATEMENT:** You would use this strategy as a clear and caring reminder to everyone that you are gathered to have a relaxing, enjoyable time together and ask everyone to do their part to make it so.

**REQUEST TO SPEAK WITH SOMEONE PRIVATELY:** This is especially important if the problem happening at your holiday table can potentially ruin everyone’s good time. If you know someone likely to do this, you can speak with them in advance, let them know what you expect and that the invitation is based on their agreeing to be respectful of others and avoid bringing up controversial topics.



**Are you being called to Speak Up?  
I'm here to help!**

Unsure how to approach it or what to say?

**Book your free 30-minute communication strategy session:**

- ✓ Address your toughest communication challenge effectively
- ✓ Learn actionable strategies to approach it with confidence
- ✓ Walk away with a personalized script for how to respond

👉 [Click here to schedule](#)



**Hi, I'm Joan Stenzler—a communication specialist, motivational speaker, and empowerment coach.** With over 30 years experience helping women, men and couples heal, I teach them how to use heart-centered communication and connect through powerful conversations.

I empower you to embrace your story, craft a compelling message and boldly share your voice in important relationships. My online coaching program: ***Finding the Courage to Speak Up***, month-long courses and personal healing sessions, guide you toward authentic self-expression.