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WORKSHOP: Communication strategies for self-advocacy and conflict resolution

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10:15 to 12:15
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Effective communication is essential for sharing our perspectives, needs, and ideas. However, being truly heard-particularly in moments of conflict-can be a significant challenge. One common obstacle is that our communication can unintentionally trigger defensiveness in others, whether we are asking for a raise, providing feedback to an employee, advocating on behalf of others, or presenting new ideas.

This workshop will explore strategies to minimize defensiveness, helping you to clarify your position and navigate difficult conversations with greater ease. With practice, these techniques will build your confidence, empowering you to approach challenging discussions with assurance. Strong communication is crucial not only for advocacy and leadership but also for effective management and all interpersonal relationships.

Dr. Tara Fortier is a project leader and physicist with nearly 20 years of experience in the Time and Frequency Division, where she has developed laser systems that interface with atomic clocks to advance the realization of optical atomic time and conduct tests of fundamental physics. In addition to her work in physics and metrology, Dr. Fortier is an ICF Level 2 certified leadership coach, specializing in organizational performance. She is dedicated to promoting diversity and inclusion in STEM, with a particular focus on creating opportunities for underrepresented minorities and women. Her leadership extends beyond NIST. Dr. Fortier Dr. Fortier worked with the White House Office of Science and Technology Policy on the National Strategic Plan for Quantum Workforce Development. She is recognized as a Fellow of both the Optical Society of America and the American Physical Society, contributing to the broader physics community.

Do you want to learn more about **Non-violent communication**? We recommend the book **Non-violent Communication - A language of life** by Dr. Marshall Rosenberg, PhD, which is available at the ICFO Library.

Hosted by: ICFO Postdoctoral Committee