

# Getting Comfortable With Discomfort

## Bridging Differences for Greater Effectiveness

*Remember irreconcilable differences... At work when we bump into the differences we have with other people, this can cause discomfort. Our normal human reaction is to avoid what is uncomfortable and avoid conflict, however this reaction reduces our human effectiveness. In this workshop, strengthen your ability to work through discomfort for better relationships and better work results.*

### Through interactive and experiential exercises:

- You will increase your comfort with moments that are uncomfortable
- You will increase your ability to connect and interact well with others across differences
- You will understand and better manage your own emotional and physical reactions when discomfort arises.
- You will be more effective with all your work relationships

### Rave Reviews:

*The most positive way to transform energy in any class I have attended!*

*Debbie Simon, Veterans Administration*

*Engaging and useful for keeping an open mind and learning more about others. I was very impressed with Judy's professionalism, as well as her performance; ...the whole package ... was great.*

*Ayana Brown, USDA*

*Your presentation skills and audience control are of Anthony Robbins' stature!*

*Robert L. Thomas,  
MLK Jr. Business Empowerment Center*



Judy Tso is one of the nation's leading Social Scientists offering an array of diversity consulting services that blends business, anthropology and creativity to help individuals be more enlightened, productive and successful. One of few Asians in her hometown in Kentucky, Judy has spent a lifetime dedicated to understanding the challenges that a diverse world presents. She channels that knowledge into experiential, entertaining and practical approaches that facilitate organizational change.

Judy holds an Economics degree from the Wharton School of Business and a Masters in Applied Anthropology from University of Maryland. She is a member of the National Speakers Association, an Executive Board Member of the American Anthropology Association, was a 2002 Boston Artist Fellow and received a 2004 Empowerment Award.

Ms. Tso has appeared in the New York Times, the Mercury News, on television on Boston's Asian Focus and a frequent guest on Voice of America. She has written for such publications as the *Design Management Journal*, *Practicing Anthropology* and *Women's Business Boston*.

### Clients Include:

Association of Asian American Studies  
BIC  
Blacks in Government (BIG)  
Boston Center for the Arts  
Emerson College  
Federally Employed Women (FEW)  
Industrial Designers Society of America (IDSA)  
Institute of Global Chinese Affairs  
Martin Luther King Empowerment Center  
Museum of Fine Arts  
New Hampshire Small Business Development  
Phillips Academy Andover  
Procter & Gamble  
Rhode Island School of Design  
USDA



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