

BUILD STRONGER COMMUNICATION. BUILD STRONGER RELATIONSHIPS.



MONTHLY GROWTH PLAN

- **4 Sessions Per Month**
- * Weekly coaching
- * Emotional regulation support
- * Communication practice exercises
- * Relationship communication tools



INVESTMENT:

\$250 – \$450 per month



COUPLES & FAMILY COACHING

Relationship Communication Sessions

- * Conflict resolution techniques
- * I-statement communication training
- * Emotional awareness exercises
- * FPS communication implementation



INVESTMENT:

\$150 – \$300 per session



ORGANIZATION & COMMUNITY

Small Group Workshop

Up to 15 Participants

Topics may include:

- * Emotional wellness
- * Effective communication
- * Team conflict resolution
- * Emotional regulation
- * Respectful workplace communication



INVESTMENT:

\$500 – \$1,500 per workshop

CORPORATE & ORGANIZATIONAL TRAINING

SPEAKING & LIVE EVENTS

Guest Speaking / Seminar Presentations

Topics include:

- Emotional wellness
- Communication skills
- Relationships & emotional regulation
- Community healing through communication



Investment:

\$500 – \$5,000+ depending on event size and location



LONG-TERM VISION

The FPS Method is more than coaching. It is a campaign focused on making effective communication skills more accessible, practical, and emotionally healthy for everyday people.

When communication improves, relationships improve. When relationships improve, communities improve.



EMAIL



CALL



MESSAGE



VISIT

CONNECT & LEARN MORE

Igomene "Iggy" Joseph, CRPS-A, CBHT

InRoute & Company, LLC
CEO & Founder • (954) 245.7752
The FPS Coach & Developer

angerwarriors@gmail.com

<https://angerwarriors.wixsite.com/fpsit>

Feelings + Problem = Solution



by Igomene Joseph

Feeling Problem • Solution

When Communicating Matters!

“

Greg (7/16/15)

“Using Iggy’s FPS script, I now recognize when I’m getting upset, angry and pissed off... It’s helping. ..But I still need improvement.”

”



Scan to connect
& learn more!



EFFECTIVE COMMUNICATION IS AN INVESTMENT



Mental Health & Emotional Wellness Through Effective Communication Skills

Poor communication costs individuals, families, businesses, and organizations every day. Misunderstandings, unresolved conflict, emotional reactivity, poor listening habits, and unhealthy communication patterns often lead to:

- Workplace tension
- Relationship breakdowns
- Employee burnout
- Family conflict
- Team dysfunction
- Emotional stress
- Reduced productivity
- Poor morale



The FPS Method was developed by author and communication advocate, Igomene Joseph, to help people build healthier communication habits through emotional awareness and practical communication skills.

WHAT IS FPS?

- FEELINGS**
Identify and express emotions clearly.
- PROBLEM**
Address the issue without blame or attack.
- SOLUTION**
Work toward a healthy and respectful resolution.

EXAMPLE OF FPS IN ACTION



FEELINGS

"I feel frustrated and unheard..."



PROBLEM

"...the problem is communication breaks down during important conversations..."



SOLUTION

"...and for a solution I would appreciate us slowing down and listening to each other more clearly."



WHY FPS MATTERS

The FPS Method encourages emotionally healthy conversations through the use of I-statements, emotional regulation, active listening, and respectful communication.

COMMUNICATION AFFECTS EVERY PART OF LIFE:

- | | | | |
|-----------------------------|---------------------|----------------------|-----------------|
| Mental & emotional wellness | Leadership | Relationships | Parenting |
| Team culture | Conflict resolution | Community engagement | Personal growth |



Healthy communication creates healthier people, healthier workplaces, and healthier communities.

Feelings + Problem = Solution



by Igomene Joseph



THE GOAL OF FPS

The goal is not to win arguments.

The goal is to:

- Build understanding
- Improve emotional awareness
- Reduce defensiveness
- Increase accountability
- Strengthen relationships
- Create healthier dialogue



COMMUNICATION SHOULD BE TAUGHT LIKE ANY OTHER SKILL

Just as people are taught how to drive safely, people should also be taught how to communicate safely. That is the purpose of the FPS Method.

To learn how to drive, emotionally!



FPS COACHING & TRAINING SERVICES



PRIVATE INDIVIDUAL COACHING

Starter Session
1 Session – 60 Minutes



- * Introduction to FPS
- * Emotional communication assessment
- * Personalized communication guidance



Investment:

\$75 – \$125 per session