



Straight-Up with Chris: Real Talk on Business and Parenthood

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We all know effective communication is essential for successful relationships in business and at home. Then, why is communicating so difficult? Do you know why this is a problem for many people? We are never formally taught the critical communication skills required for successful relationships. As we go through life, we pick up many communicating habits and some of them don't serve us well. As adults, we arrive at the workplace and in relationships ill-prepared to handle the inevitable differences of opinions and conflicts that arise. What's the solution? My guest, Meredith Bell, co-founder

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Featured Guest



Meredith Bell

Meredith is President of Performance Support Systems, a software company based in Newport News, Virginia. She and her two business partners have worked together for more than 20 years, and they have been creating assessment and development tools that help people become stronger for work and life. Over the years, Meredith has coached and trained thousands of business leaders, managers, and employees. Today, she touches even more lives through her company's online programs. ProStar Coach is a unique tool for personal development. It has four new versions: Strong for Success, Strong for Business, Strong for Performance, Strong for Parenting, with hundreds of resources that help you to be succes

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