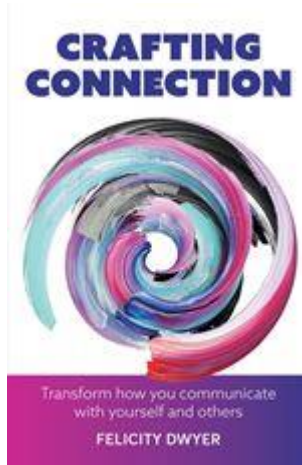


## PM WORLD BOOK REVIEW<sup>1</sup>



Book Title: **Crafting Connection: Transform how you communicate with yourself and others**

Author: **Felicity Dwyer**

Publisher: Practical Inspiration Publishing

List Price: \$21.99      Format: Digital, 248 pages

Publication Date: 2022

ISBN: 9781788604031

Reviewer: **Eddrika Russell, MPH, PMP**

Review Date: April 2024

---

### Introduction

In a world of increased productivity, micro habits, extreme multitasking, and “maximizing your earning potential”, *Crafting Connection: Transform how you communicate with yourself and others* reprioritizes introspection, connection, and community. This book is a timely and practical guide to grounding yourself from a whole person perspective and exploring whether your daily actions are in alignment with your values, beliefs, and priorities. Oftentimes, the humdrum of the everyday work culture can influence how project managers are able to perform. Many times, project management can be metaphorically compared to firefighting, racing as a track and field athlete who specializes in the high jump, or trying to limbo under the lowest hanging stick without injuring your back. Yet, this book breaks from the oft ever linked and widely accepted pairing of stress and productivity to encourage us to focus on rebuilding our internal and surrounding ecosystems, first.

### Overview of Book's Structure

Throughout the book, the structure unfolds in three distinct parts, each delving into various facets of human behavior and connection.

- Part 1, "Connecting Within," serves as the groundwork for the journey ahead, emphasizing the importance of introspection and self-awareness. It prompts readers to assess your inner landscape, encouraging them to navigate past

---

<sup>1</sup> How to cite this review: Russell, E. (2024). *Crafting Connection: Transform how you communicate with yourself and others*, book review, *PM World Journal*, Vol. XIII, Issue V, May.

personal barriers, align your actions with your core values, and access your intuition (also known as that tiny, little voice that helps us assess project risk).

- Part 2, "Connecting With," shifts the focus outward, exploring the dynamics of interpersonal communication, both personal and professional. Here, the author explains how honing essential skills such as active listening and assertiveness yet respectful communication can foster stronger connections both with others and with your own aspirations. She goes on to coin listening as the "master key to connection" and "the secret to better relationships," explaining the different levels of listening and practices for being better and more intentional with listening.
- In the closing of the book, Part 3, "Connecting Beyond," the author expands the scope to encompass the broader significance of community-building. She explores the various dimensions of crafting communities on different levels and across different areas of both your personal and professional life and emphasizes the transformative power of collective support in nurturing growth and fulfillment.

## Highlights

*Crafting Connection* does not waste time with useless examples or padded fluff. It is a comprehensive guide that seamlessly integrates foundational knowledge, practical exercises, and essential tools to help readers understand their inner value and unearth their best selves. Through insightful reflections and engaging exercises, the author urges readers to:

- Understand oneself as the foundation for meaningful interactions,
- Reflect on how your internal motivations shape your outward interactions,
- Overcome blocks in your personal and professional connections,
- Foster self-awareness and empathy, and
- Navigate interpersonal relationships with authenticity, clarity, respectfulness, and assertiveness.

The author asks crucial questions – Where do you reside? Do you have a sense of how much time you spend in the past, present, or future? What type of listener are you? Do you have both shallow and deep relationships? These extend far beyond a project but are so relevant at the same time.

## Highlights: What I liked!

As a project manager and public health professional, what resonated most with me in this book was its practicality and applicability. It provided me with straightforward methods that I could readily understand and integrate into my daily life to better align with my personal aspirations. It also allowed me to discover valuable insights into how my role as a project manager aligns with my broader purpose, helping me see the significance of my career path in the context of my overall goals.

Additionally, the book highlighted the importance of leveraging my community for mutual growth and learning, and has inspired me to grow my STEM and wellness communities by joining the alumni chapter for my alma mater, and joining a club sports team. Most importantly, it offered actionable strategies to nurture oneself (e.g. meditation and mindfulness) and your interpersonal connections, effectively. Overall, it was a humbling and transformative read that not only inspired me but led me to taking new, tangible steps for personal and professional development.

### **Who might benefit from the Book**

Quite simply, everyone can benefit from this book – an aspiring or early career project manager, a senior project manager, a high school student questioning how to consider their future and their purpose, or anyone who is passionate about being a better version of themselves. As a public health professional and experienced project manager, it helped me to recognize my strengths – Project managers are time traveling superheroes with enhanced foresight, hearing, and imagination! I believe it will help future readers to determine what type of person and leader they want to be, how to be present and take up space, and how to reflect and ensure you are acting in your purpose.

If you are on the fence about reading this book, ask yourself:

- What brings me the greatest sense of fulfillment and joy?
- How does my current career path align with my long-term aspirations and goals?
- Do I feel a sense of balance and harmony between my professional ambitions and my overall quality of life?
- How do I define work-life balance, and am I currently achieving it? Or am I experiencing burnout?
- What does success mean to me?

If any of these questions bring you apprehension, this book is for you.

### **Conclusion**

*Crafting Connection* serves as a reminder of the ongoing journey of self-discovery and growth. It underscores the importance of regularly checking in with oneself and asking probing questions to navigate evolving expectations, aspirations, connections, and beliefs. Furthermore, it is an urgent reminder of the necessity for project managers to prioritize personal well-being and wholeness outside of work, recognizing that true effectiveness stems from a balanced life. I would encourage everyone who reads this book to share what they learn – discover your best self and help others to do the same, as well.

---

For more about this book, go to: <https://www.amazon.com/Crafting-Connection-Transform-communicate-yourself/dp/1788604016> or <https://felicitydwyer.com/crafting-connection/>

## About the Reviewer



### **Eddrika Russell, PMP**

Maryland, USA



**Eddrika Russell, MPH, PMP** is a public health professional with expertise in project management and data analytics. She graduated from South Carolina State University with a Bachelor of Science in Biology and minor in Chemistry, and from George Washington University with a Master of Public Health degree. She has successfully led strategic initiatives focused on quality improvement and health equity, with an emphasis on patient-oriented approaches, and is passionate about mixed methods research. She uses both agile and traditional project management approaches to advance this work. Eddrika can be contacted at [eddrikarussell.health@gmail.com](mailto:eddrikarussell.health@gmail.com)

---

*Editor's note: This book review was the result of a partnership between the publisher, PM World and the [PMI Silver Spring Chapter](#). Authors and publishers provide the books to PM World or directly to the PMI Silver Spring Chapter, where they are offered free to PMI members to review; book reviews are published in the PM World Journal and PM World Library. PMI Silver Spring Chapter members can keep the books as well as claim PDUs for PMP recertification when their reviews are published.*

*If you would like us to publish a book review or are an author or publisher of a project management-related book, and would like the book reviewed through this program, please contact [editor@pmworldjournal.com](mailto:editor@pmworldjournal.com).*