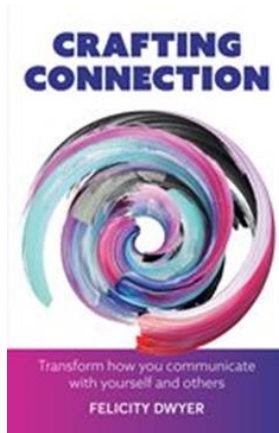


PM WORLD BOOK REVIEW



Book Title: ***Crafting Connection: Transform How You Communicate with Yourself and Others***¹

Author: **Felicity Dwyer**

Publisher: Practical Inspiration Publishing

List Price: £ 7.99

Format: PDF, 247 pages

Publication Date: 2022

ISBN: 9781788604031

Reviewer: **Christa Ward**

Review Date: August 2024

Introduction

In 'Crafting Connection,' trainer, facilitator, and author Felicity Dwyer explores human relationships through the lens of connectedness. Dwyer unpacks the topic with a simple framework based on self-awareness and a deep knowledge of oneself. Project managers will resonate with her approach as these are foundational skills for leading successful teams.

Overview of Book's Structure

The book is divided into three sections: Connecting Within, Connecting With, and Connecting Beyond. Each section guides the reader through exercises and questions designed to enhance self-awareness and improve interactions with others. Dwyer's approach is practical and empathetic, making it clear that understanding oneself is crucial for effective leadership.

Highlights

Dwyer's facilitation skills are evident in the first section, Connecting Within. Looking inward, she leads readers through a productive assessment of their internal dialogue, thoughts, and feelings. Along the way she provides tools to develop a strong foundation for self-awareness. The exercises are beneficial for project managers as understanding one's own reactions and behaviors can significantly impact team dynamics. The insights she shares are multidimensional and form a solid basis for further exploration. She emphasizes the importance of focused attention, stating, 'The quality of your relationship with yourself and others is determined by where you direct

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and place your attention.' This insight is particularly relevant for leaders aiming to foster a connected and productive team environment.

In *Connecting With*, Dwyer explores the dynamics of close relationships, focusing on the art of listening. She provides science-based insights and practical advice, which are essential for project managers who need to foster effective communication within their teams. The final section, *Connecting Beyond*, offers strategies for building meaningful connections within broader networks and communities, which can enhance professional growth and team cohesion.

Highlights: What I liked!

Dwyer's innovative approach to connectedness is intriguing. She frames the approach as a leadership strategy that simultaneously empowers individuals and elevates organizational performance. Fostering genuine connections can create a ripple effect, enhancing team cohesion, boosting morale, and ultimately driving business success. Her perspective holds value for project managers, who must navigate complex interpersonal dynamics while striving to meet business objectives.

Who might benefit from the Book?

Leaders across industries will benefit from this book, and project managers can find value in applying the insights shared here. The practical guidance and exercises help build healthy, collaborative, and productive teams. The book's structure encourages thoughtful engagement, making it a useful resource for anyone looking to deepen their connections within and beyond their professional circles.

Conclusion

'*Crafting Connection*' is a clear and balanced guide for creating and strengthening healthy connections with oneself and others. For project managers, it offers invaluable insights and practical tools to build and lead effective teams.

For more about this book, go to: <https://practicalinspiration.com/book/crafting-connection>

About the Reviewer



Christa Ward

Dallas, Texas, USA



Christa Ward is a Lead Project Manager and accomplished leader in the technology industry. With a strong background in project management and communications, she has successfully launched startups and led transformation programs. Known for her innovative approach to improving operational efficiency, Christa recently spearheaded a broad change initiative that resulted in significant cost savings for her organization. She holds an MBA from Texas A&M University-Commerce and is certified as a PMP and 6σ Green Belt. Christa has received awards for driving change through values-based practices.

She enjoys reading memoir and journaling.

Connect with Christa at [linkedin.com/in/christaw/](https://www.linkedin.com/in/christaw/).

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