

PRACTICAL SKILLS FOR Difficult Conversations

Are there conversations where just thinking about them causes you to tighten up and hold your breath? Would you like to have the space to breathe again? And the confidence, power, and willingness to stay connected while also being yourself?

Explore what makes a conversation "difficult" and how to find hidden gems in conflict. Applicable at home, work, and beyond!

You are invited to bring real situations: conversations you want to learn (or heal) from, conversations you've been dreading, etc. This makes the content relevant! We will include discussion, experiential exercises, and guided processes for transforming judgment, speaking what's true for us, and hearing what matters to others.

When: 7:00-9:00 p.m., Wed 13, 20, & 27 Sept, 4 Oct

Where: Torbay

Facilitator: Jean ("Jeannie Majida") McElhaney,
certified Nonviolent Communication trainer, licensed (US) social worker and professional counsellor

Financial request: \$80 if pd in full by first session;
\$25 if paid week by week

To register: 022 192 3202; land 09 473 7344 or email
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