

PRACTICAL SKILLS FOR Difficult Conversations (Holiday Edition)

Are there conversations where just thinking about them causes you to tighten up and hold your breath? Would you like 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.

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: Saturday 2 December 1-5:30 p.m.

(OPTIONAL light supper after; pls bring something to share if desired)

Where: Torbay

Facilitator: Jean ("Jeannie Majida") McElhaney,

certified Nonviolent Communication trainer; licensed (US) social worker and counsellor

Financial request: \$45 (if \$ is a barrier, pls contact me to discuss options!)

PLEASE REGISTER BY 25 NOVEMBER

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

jean.mcelhaney@gmail.com

