

Effective Communication and Conflict Transformation Skills

FRIDAY, SEPTEMBER 7, 2018 – 12:00 to 5:00 pm
Sonoma Community Center, Room 211, 276 E, Napa St., Sonoma

Fee: \$90 (\$80 for Praxis members)

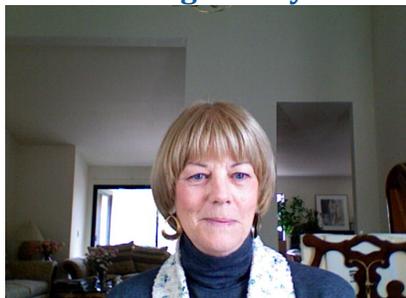
To Register online: www.praxispeace.org/events or call 707-939-2973

Communicating effectively so that we understand others and are understood by others is one of the challenges in daily life. Practical techniques and awareness exercises can help us navigate these personal interactions more effectively and respectfully. The goal is to improve relationships and the way we relate.

What is covered in this workshop

- Basic Communication Skills for all types of relationships;
- How to set boundaries that protect your emotional well-being;
- How to overcome the fear and avoidance of conflict (avoidance usually results in passive aggressive behavior that is further alienating to others);
- How to reframe issues in a non-threatening manner so that you are heard;
- Active listening and hearing the other's perspective;
- Become aware when you are transferring assumptions and projections onto others;
- How to deal with projections and assumptions directed at you;
- When to let go. Not all conflicts can be resolved. Non-communicators cannot resolve conflicts. Unwilling parties cannot be coerced. How to identify "let go" situations and find peace with them.
- Interactive role play;
- How to deal with difficult people;
- Ideas and Plans to take from the workshop for daily practice.

Georgia Kelly



Georgia Kelly has a certificate in Conflict Resolution from Sonoma State University and has continued studies in the field with cultural anthropologist Angeles Arrien and Norwegian peace negotiator Johann Galtung. She has been deeply influenced by the work and writings of Jonan Fernandez, Director of the Department of Coexistence and Human Rights in the Basque Parliament in Spain. She is a member of TRANSCEND International, a Peace Development Environment Network. Her approach integrates the viewing of interpersonal relationships in a social and cultural context, and explores solutions that fit particular situations. There is no one size fits all, but there are guidelines and ground rules that make conflict situations manageable and, with the right tools, conflicts can be transformed to better serve all parties involved in a dispute or conflict.

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