

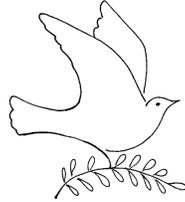
**SATURDAY, OCTOBER 10**

**12:00 to 5:00 pm**

**Place:** Vintage House, 264 First St., East, Sonoma

**Fee:** \$95 – (\$85 for Praxis Members)

**COMMUNICATION AND CONFLICT RESOLUTION  
Workshop: Practical Skills for Everyday Situations**



**Facilitator: Georgia Kelly**

**Areas Covered:**

- \* Communication skills: Which approaches to use in different situations
- \* Active listening practice
- \* How to set boundaries that protect your emotional well-being
- \* How to deal with difficult people and situations
- \* How to overcome the fear of conflict and disagreements and use them to forge deeper connections and better relationships
- \* Examination of conflict tendencies
- \* How to reframe issues in a non-threatening manner
- \* Dealing with passive aggressive behavior in oneself and others
- \* How to overcome the fear of disagreements
- \* Dealing with non-communicators
- \* Understanding that not all conflicts can be resolved, and when to let go.

**NOTE:** There is a kitchen onsite, so please bring a lunch to eat during the break. Some snacks will be provided.

The goal of this workshop is to develop skills that enhance one's quality of life, reduce stress, and provide more self-confidence in daily interactions. This is an interactive workshop with practical techniques for improving our communication abilities and for transforming conflicts in everyday situations and relationships. Sources also include Angeles Arrien's work in cross-cultural communication, the Both/And model developed by Johan Galtung (international negotiator, founder of TRANSCEND and the first peace studies university), key elements of Nonviolent Communication, an examination of different personality types for communicating more effectively, and more.

**Georgia Kelly** is the founder and director of Praxis Peace Institute. She has led workshops in communication and conflict resolution for educational institutions, Esalen Institute, organizations, churches, and for Praxis Peace Institute. She earned a certificate in Conflict Resolution from Sonoma State University and has continued studies in the field with leading practitioners in communication and conflict resolution.

Praxis Peace Institute \* 707-939-2973 \* E-mail: [info@praxispeace.org](mailto:info@praxispeace.org)