

# FROM CONFLICT TO CONNECTION

*Skills for Creating Resilient Relationships*



**Saturday Jan. 19, 2019**

**9:00am – 4:00pm**

**Hawaii CC, Palamanui Campus,  
Kailua-Kona**

Bring your own lunch. Snacks and coffee provided.

**Appropriate for anyone interested in strengthening their relationships; including couples, individuals, managers, supervisors, parents, and all others.**

## **In this workshop you will:**

- ❖ Learn to deepen connection and trust with empathic listening skills.
- ❖ Understand the dynamics of conflict and how it affects relationships.
- ❖ De-escalate conflict by dealing skillfully with emotional reactivity.
- ❖ Get comfortable expressing and exploring diverse perspectives.
- ❖ Learn a process to find common ground and shared solutions.
- ❖ Build your emotional intelligence.

Tuition: \$75, space is limited to 25 participants

**RSVP to: [info@whmediation.org](mailto:info@whmediation.org) or call: 808-885-5525**

Andrea Pro, Certified Trainer with the Center for Nonviolent Communication, has been facilitating groups and offering communication and other mindfulness practices for over 12 years. Her work involves a heart-opening process of self-discovery along with communication tools and skills that support people in deepening authenticity, trust and respect in their relationships. A business owner for over 30 years, Andrea is also a professional artist and uses these skills daily in her personal and work relationships.



West Hawai'i  
Mediation Center

*West Hawaii Mediation Center is committed to building foundational language, skills, and awareness that help mitigate conflict before it begins.*