

FROM CONFLICT TO CONNECTION

Skills for Creating Resilient Relationships



Saturday & Sunday

Jan. 19 & 20, 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: \$125, space is limited to 25 participants

RSVP to: 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.