

# Healthy Conflict

## Online via Zoom



Conflict is a normal part of life, but if not managed properly, it can strain your personal and professional relationships, and cause emotional stress.

This workshop will help you develop essential skills to manage and resolve problems in a way that improves your relationships rather than harming them.

You will learn how to:

- define conflict and understand the importance of healthy conflict resolution
- explore common strategies for handling conflict such as avoiding sarcasm and rudeness and maintaining focus on the issue at hand
- practice active listening skills
- communicate more respectfully.

With an experienced facilitator you will receive support to learn the strategies to start seeing positive changes in your relationships.

**When:** Wednesday 4 December 2024

**Time:** 6.30pm to 9pm AWST

**Where:** Online via Zoom

**Cost:** \$30 per person, \$15 concession

Online sessions are interactive and have minimum requirements

For information about our courses and workshops please call 6164 0200 or visit

[www.relationshipswa.org.au](http://www.relationshipswa.org.au)



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