



Ku'ikahi Mediation Center
Finding Solutions, Growing Peace

"Tools to Transform Conflict" Training Series

CONFLICT IS AN OPPORTUNITY: Skills for Transforming Conflict with Confidence

- **Conflict is a natural part of relationships that arise from our differences.**
- **When we move closer and discover the intelligence, creativity, and potential within conflict, we strengthen our relationships.**
- **During this interactive two-day workshop, explore the structure of conflict and gain essential skills that offer choices in how we navigate our differences.**



Andrea Pro 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. She is a Certified Trainer with The Center for Nonviolent Communication.

In this workshop, learn how to:

- ✓ Understand dynamics of conflict and your own conflict style
- ✓ Recognize and skillfully deal with your own and others' emotional triggers
- ✓ Learn the disarming power of deep listening
- ✓ Make space for connection and healing with a larger perspective
- ✓ Express and explore diverse perspectives
- ✓ Negotiate shared agreements

Saturdays, April 21 & 28, 2018 from 9:00^{am} to 4:00^{pm}
Kea'au Community Center, 16-192 Pili Mua Street, Kea'au, HI 96749



\$120 tuition

*(group discounts
 & individual needs-based
 partial scholarships available)*

Register Online Here

<https://conflictisanopportunity.eventbrite.com>

Or register by contact:

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