



**Ku'ikahi Mediation Center**  
*Finding Solutions, Growing Peace*

*"Communication & Collaboration" Training Series*

# NAVIGATING CHALLENGING CONVERSATIONS: Skillful Honesty - Effective Action

In this interactive workshop, learn skills and tools to engage in honest conversations around sensitive subjects. You'll gain expertise to increase the good will, cooperation, and collaboration in your personal and professional relationships.

*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 relationships. A business owner for over 30 years, Andrea is also a professional artist and a Certified Trainer with The Center for Nonviolent Communication.*



**Explore a safe and productive process to navigate challenging conversations by:**

- Examining unconscious personal and cultural assumptions that lead to disconnects.
- Describing "the situation" in a neutral way that others can easily hear.
- Calming your own and others' reactivity through a process of heart-brain coherence and empathic listening.
- Discovering solutions and creating an action plan together through skillful dialogue.

**Friday, March 8, 2019**

**8:30<sup>am</sup> to 4:30<sup>pm</sup>**

**Hawai'i Innovation Center at Hilo, 117 Keawe Street, Hilo, HI 96720**



**\$95 tuition includes catered lunch**

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

**Register online here**

<https://navigatingchallengingconversations.eventbrite.com>

**Or contact:**

**KU'IKAHI MEDIATION CENTER**

**101 Aupuni Street, Suite PH 1014 B-2**

**Hilo, Hawai'i 96720**

**Phone: (808) 935-7844 x 3**

**Email: [majidah@hawaiiimmediation.org](mailto:majidah@hawaiiimmediation.org)**



*The "Collaboration & Communication" Training Series is made possible thanks in part to funding from the County of Hawai'i Department of Research and Development and Hawai'i Island United Way.*

