

Healthy Conflict in Relationships

Conflict is a normal part of any relationship. How to manage it and resolve problems in a way that improves relationships rather than harms them is the focus of this one night workshop.

Strategies discussed include:

- defining what constitutes conflict and the importance of healthy conflict resolution
- common strategies used while handling conflict
- learning new skills for healthy resolution
- looking at a step-by-step approach to a healthy resolution

Some of the strategies include ways to 'fight fair'. This requires avoiding sarcasm and rudeness, making sure both parties are fighting about the same thing and staying on task instead of bringing up history, learning ways to become more active listeners and thus give the other person time and space to put their view across.

Where: ONLINE (Zoom session)
When: Monday 9 November 2020

OR

Where: WEST LEEDERVILLE – Level 1, 22 Southport Street
When: Monday 7 December 2020

Time: 6.30pm – 9pm AWST
Cost: \$30 per person

Bookings are required. Please phone (08) 6164 0200 to enrol.

Please note **Online** sessions are interactive and to attend the minimum requirement will be a Computer/Laptop/Tablet with active webcam and microphone.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au