



Center for
Community Dialogue
& Training

A program of Our Family Services

JAN-JUNE 2020 TRAINING OPPORTUNITIES

At the Center for Community Dialogue and Training, we promote effective communication by helping people navigate challenging issues in a skilled, civil and respectful way.

Managing Conflict Like a Boss

Multiple dates | 4 pm to 6 pm | \$339 total series -or- \$99 per individual course

Managing Conflict Like a Boss is an ongoing series of short professional development workshops that provide practical tools for addressing -and ultimately transforming- workplace conflicts. Series includes:

Conflict GPS: How to stop stalling and start navigating through difficult situations

Wednesday, March 4 -or- May 27

If you've been living with - and avoiding - a persistent conflict you just don't want to deal with, this workshop will get you started on the road to resolution.

Awful Conversations: What to do when conflict blows up in your face

Wednesday, March 25 -or- June 17

When conflict abruptly flares up, people are upset and an immediate response is needed - what do you do? Come find out at this short but extremely helpful workshop.

Awesome Meetings Every Time

Wednesday, January 29 -or- April 15

This short, highly informative training is for busy professionals and volunteer leaders who want to run better meetings that are on-topic, focus participants' attention, and get you moving on to the next task in your hectic day.

It IS About Me: Self-Care strategies for handling conflict

Wednesday, February 12 -or- May 6

In this course aimed at managers, learn how you may be inadvertently increasing the stress of conflict in your life, and how self-care can lead to improved conflict outcomes in the workplace.

Family Communication and Conflict Resolution

Saturday, February 1 -or- May 2 | 9 am to 3:30 pm | \$65 per family

Parents and teens: Are you looking for ways to engage in respectful conversation and resolve problems? This workshop for the whole family features fun exercises to learn and practice concrete strategies.

Elder Circles Facilitator

Thursday, February 6 | 12:30 pm to 5 pm | \$65

This training prepares you to facilitate an Elder Circle, a safe and respectful discussion group where people in the second half of life share their stories and discuss important topics related to aging.

Facilitation Boot Camp

Friday, March 20 | 9 am to 4 pm | \$90

Are you ready to change the way you run meetings? Join us for this daylong training and be introduced to the 4D Model of Facilitation. You will learn how to be an effective facilitator, identify situations appropriate for facilitation, create an effective agenda, and keep participants productively engaged.

Honoring a Life: Advance Care Planning Conversations

Thursday, February 27 | 9 am to 11 am -or- Tuesday, March 24 @ Ward 6 Office | 6 pm to 8 pm | free

This workshop provides a wealth of information on end-of-life healthcare planning, including how to talk to others about what you want and how to document your decisions in a legally binding way.

Circles Level 1

Wednesday, April 22 | 1 pm to 5 pm | \$65

Learn and practice the basics of being a Dialogue Circle facilitator and how a Circle works. As a graduate, you will be able to volunteer as a facilitator at community forums and other Circle events.

Circles Level 2

Thursday & Friday, April 23 & 24 | 8:30 am to 5 pm each day | \$175

In this advanced Circles facilitation course, you will gain an understanding of the theoretical basis for Circles, explore aspects of effective participation, learn to create a Circle agenda—and practice, practice, practice. No pre-requisites. Save \$40 if you take Circles 1 and 2 together.

Nonviolent Communication (NVC) Trainings

Nonviolent (Compassionate) Communication is a concrete set of skills that helps clarify what we are observing, what emotions we are feeling, what values we want to live by, and what we want to ask of ourselves and others.

Introduction to NVC

Friday, February 7 | 9 am to 4 pm | \$90 -or- Thursday, May 21 | 9 am to 1 pm | \$65

In our 4-hour or 6-hour introductory courses, refresh your NVC skills or learn new tools. Bring a colleague, friend, or partner, and learn and practice compassionate communication skills that will help you keep your hearts open, even in times of uncertainty and instability.

NVC and Money

Saturday & Sunday, February 29 & March 1 | 9 am to 5 pm each day | \$250

Come learn and practice powerful communication tools *and* a rich and deep personality system to understand human behavior and our choices in the way we live and how we connect to our needs.

NVC and the Enneagram

Saturday, April 4 | 9 am to 4 pm | \$95

Come learn and practice powerful communication tools *and* a rich and deep personality system to understand human behavior and our choices in the way we live and how we connect to our needs.

NVC and the Family

Saturday, June 6 | 9 am to 1 pm | \$65 per individual, 2 children free

Would you like more ease and connection with family members? Join us, with or without your loved ones, in this class where we play with real-life examples of situations we would like to transform.

42-Hour Mediation Training

Monday - Friday, April 13 - 17 | 8 am to 5:30 pm each day | \$585 (Early bird: \$535 thru March 16)

Our 42-Hour basic-skills mediation course prepares participants to mediate a variety of workplace and personal conflicts. The training is open to anyone who would like to increase their conflict resolution skills, and is required for those interested in becoming a volunteer mediator for the Center.

**WANT TO RECEIVE
REMINDERS ABOUT
UPCOMING TRAININGS?**

Join our mailing list!

Text

CONFLICTSKILLS

To **22828** to get started.

MORE INFO & REGISTRATION:

Scan the QR code or go to
ourfamilyservices.org/training



For questions or to schedule a custom training contact
Melanie Rudolph | (520) 323-1708 x422
mrudolph@ourfamilyservices.org

Training location (unless otherwise noted):
5049 E Broadway Blvd | Suite 125 | Tucson, AZ 85711