



Center for  
Community Dialogue  
& Training

A program of Our Family Services

## JUNE–DEC 2020 TRAINING OPPORTUNITIES

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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—NOW OFFERED ONLINE

Multiple dates | 4 pm to 6:30 pm | Limited Offer: \$49.99 instead of \$99 per 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, September 9 -or- January 6, 2021**

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, June 17 -or- September 30**

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, July 8 -or- October 21**

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, August 5 -or- November 18**

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.

**Diversity, Equity, Inclusion and Conflict**

**Wednesday, August 19 -or- December 9**

Would you like to help your organization be a more supportive and engaging place to work at for staff and volunteers? Join us to learn crucial skills to increase positive engagement and decrease conflict and to develop thoughtful, concrete action steps that make sense for your environment.

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### Family Communication and Conflict Resolution

**Saturday, August 1 -or- November 14 | 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.

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### Dialogue Facilitator Training (formerly Circles Level 1)—NOW OFFERED ONLINE

**Wednesday, August 12 -or- December 2 | 1 pm to 5 pm | \$65**

Learn and practice the basics of being a dialogue facilitator and how a Dialogue Circle works—whether you facilitate in person or in a virtual format. As a graduate, you will be able to volunteer as a facilitator at community forums and other dialogue events.

## Facilitation Boot Camp

Friday, August 28 | 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.

## Nonviolent Communication (NVC) Trainings—NOW OFFERED ONLINE

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.

### 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.

### Introduction to NVC

Friday, August 7 | 9 am to 5 pm | \$90

In our 6-hour introductory course, 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.

### Intermediate NVC

Friday, October 9 | 9 am to 5 pm | \$90

Do you want to explore NVC further in order to gain greater understanding and practice? Come play with us as we continue to explore and deepen our skills and awareness. Prerequisite: 4 hours of NVC training.

### Advanced NVC

Saturday, November 7 | 9 am to 5 pm | \$90

Dig deeper... Bring your NVC skills to a new level as you transform habits and patterns that are not serving you well in your interactions with others. Prerequisite: 12 hours of NVC training.

### NVC and the Enneagram

Saturday, December 5 | 9 am to 5 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.

## 42-Hour Mediation Training

Monday - Friday, November 2 - 6 | 8:30 am to 5:30 pm each day | \$585 (Early bird thru Oct 5: \$535)

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](http://ourfamilyservices.org/training)



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

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