



Center for  
Community Dialogue  
& Training

A program of Our Family Services

## **JULY–JAN 2021 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—NOW OFFERED ONLINE**

**Multiple dates | 4 pm to 6:30 pm | \$49.99**

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, August 4 -or- November 17**

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, August 25 -or- December 8**

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, September 22 -or- January 5**

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, October 6-or- January 26**

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, July 14 -or- October 27**

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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## **42-Hour Mediation Training–NOW OFFERED ONLINE**

**Thursday, December 2 | 4 pm to 8 pm -and- Friday & Saturday, December 3 & 4 | 8:30 am to 5:30 pm -and- Thursday, December 9 | 4pm to 8pm -and– Friday & Saturday, December 10 & 11 | 8:30 am to 5:30 pm | \$585 (Early bird thru March 11: \$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.

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## **Facilitation Bootcamp**

**Friday, September 17 | 8 am to 5 pm | \$90**

Are you ready to get the most out of your meetings? Do you want to make sure your participants are productive, engaged, and reach their goals? Transform the way you facilitate meetings by joining us for this day-long training.

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## **Advanced Transformative Mediation**

**Saturday, August 21 | 8 am to 12 pm | \$90**

*Prerequisite: Completion of at least 40 hours of mediation training.*

*Knowledge of the Transformative style of mediation.*

This four-hour workshop will focus on two invaluable tools for encouraging empowerment and recognition among mediation parties: pre-mediation and caucus. The workshop outlines the structure of these sessions, identifies their benefits to the parties, considers how and when to implement them within the context of a dispute, and explores ways to better integrate them into your own mediation practice. Skills practice included.

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## **Dialogue Facilitator Training**

**Saturday, September 11 | 9 am to 1 pm | \$10**

Learn and practice the basics of being a dialogue facilitator and how a Dialogue Circle works. As a graduate, you will be able to volunteer as a facilitator at community forums and other events. Class includes useful tips and tricks on how to successfully facilitate dialogue in online settings.

## 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.

### Introduction to NVC

**Friday, July 9 | 9 am to 2 pm | \$65 -or- Friday, August 6 | 9 am to 5 pm**

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.

### Intermediate NVC

**Friday, September 3 | 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.

### NVC and the Enneagram

**Saturday, December 11 | 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.

### Advanced NVC

**Saturday, November 6 | 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.

### Couples NVC

**Saturday, October 9 | 9 am to 5 pm | \$90**

Our couple relationship is one of the places where all of our triggers, all that stimulates us shows up for the possibility of exploration and healing. This workshop is also a place to celebrate and appreciate what we enjoy about each other, strengthening the bond.

#### MORE INFO & REGISTRATION:

Scan the QR code or go to  
[ourfamilyservices.org/training](https://ourfamilyservices.org/training)



For questions or to schedule a custom training contact:

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