Nature Care College

Conflict Resolution & Assertiveness – An Introduction

DESCRIPTION:	Conflict is a normal part of our relationships, and is perfectly healthy when handled well… it doesn't need to be hard! If you're dealing with conflict in your relationships with co-workers, friends, relatives or partner, come along to this one day workshop to learn basic communication and negotiation skills, including listening, reflecting, problem-solving and assertiveness. You will be given the opportunity to reflect on your own conflict management style and identify possible areas for improvement. Couples are welcome.
ABOUT DEBORAH WOMACK:	Deborah Womack is a counsellor, psychotherapist, supervisor and trainer in the Counselling & Professional Studies Departments at Nature Care. She has been teaching communication and counselling skills for more than 15 years. Her experience in private practice spans fields such as grief and loss, drug and alcohol, domestic violence, depression and anxiety. A popular trainer at Nature Care, she is a dynamic and empathetic presenter, who creates a caring, engaging and supportive classroom environment.
DURATION:	7 hours (1 day workshop)
WHAT TO BRING:	Please bring a notebook and pen
AFTER THIS COURSE:	You might like to consider the following courses after completing "Conflict Resolution" ▪ Positive Parenting the Mindful Way ▪ Better Relationships ▪ Introduction to the Enneagram ▪ Increasing Your Emotional Intelligence ▪ Introduction to the Holistic Perspective (as part of the Certificate in Counselling and Diploma of Counselling) ▪ Introduction to Transpersonal Psychology (as part of the Certificate in Transformational Coaching and Diploma of Transpersonal Coaching)
CPE POINTS:	Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours. Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

Nature Care College Pty Ltd ABN 77 105 282 264
46 Nicholson Street, St Leonards NSW 2065
Tel: +61 (0)2 8423 8333 Fax: +61 (0)2 9436 0503
email: info@naturecare.com.au website: www.naturecare.com.au