# Conflict Resolution Day

An Annual International Celebration

# October 18, 2018

**DISPUTE RESOLUTION**

**RESTORATIVE PROCESS**

In this one-hour session, we will discuss the topic of Confident Communication which is the ability to express positive and negative ideas and feelings in an open, honest and direct way. Confident Communication allows us to take responsibility for ourselves and our actions without judging or blaming other people and allows for a collaborative conversation. This interactive workshop will look at communication as way to empower you to develop boundaries with people, allowing you to have your needs met without pushing others away or allowing yourself to feel anger and resentment. The goal of Confident Communication is to develop an environment of collaboration and growth.

Location: \_\_\_\_\_\_\_\_\_

**Time : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please RSVP No Later than \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_