



Communication Skills For All Workshop

May 21 & 22, 1-4 pm

ClearWind Farm

7961 Scenic Trail, Chapel Hill, NC

Dispute
Settlement
Center

Tired of simple conversations ending up in heated conflicts?

Want to learn valuable skills to improve communication with your friends, family, workmates and neighbors?

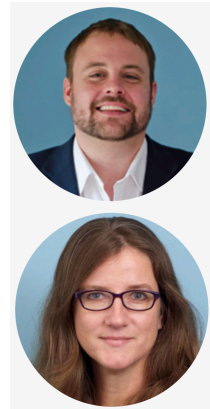
Then attend this friendly workshop and breathe some fresh air into your relationships!

This 2-afternoon training and dialogue experience is designed to provide participants an intentional space for connection, learning and dialogue exploring how we collaborate, communicate and resolve differences. In it, you will ...

- Understand the nature of conflicts and how they unfold;
- Learn listening skills and skills for de-escalation;
- Learn skills for effectively asserting oneself and giving feedback to others;
- Learn how to apply these skills when navigating difficult situations.

Participants will have the opportunity to explore these issues together, learning how to speak from the heart and listen to understand.

The workshop is presented by two experienced trainers from the Dispute Settlement Center: Valoree Hanson and Will Dudenhausen. It will take place on two consecutive afternoons at ClearWind Farm, a scenic and relaxing horse farm 12 miles west from Carrboro. Everyone is asked to commit to both afternoons.



We recognize there may be folks with a strong desire to participate, but with limited financial ability to afford the full cost of \$125.

When registering, you will have the option to choose the price point that mostly closely aligns with your ability to pay.

To register, go to this [link](#) or call the Dispute Settlement Center at (919) 929-8800.