

Navigating Challenging Conversations

turn differing views into an asset



Do you avoid challenging conversations for fear of causing conflict?

Are the 'elephants in the room' destroying your connection and inhibiting your ability to collaborate as a team?

Would you like to be able to work better with difference and diversity?

What if finding common ground with people who disagree with you was easier?



What we offer

a dynamic online program

Our program will give you tools to engage in conversations you'd rather not have yet know are important. They will support you and your teams to be less reactive, more curious and able to give and receive feedback - hence more productive.

you will learn to

- find common ground
- manage strong emotions
- calm your nervous system
- hear, and acknowledge the positions of others
- be more curious and less defensive
- speak with empathy yet set clear boundaries
- understand the neurobiology of communication

a training in 6 parts

weekly 2 hr sessions
practice in between



Imagine what this will generate

“Smart organizations create a culture where it is safe to disagree”

- de-escalate tension before conflict arises
- be calm and collected when tackling contentious topics
- see challenging conversations as an opportunity
- confidently open and lead a challenging conversation
- deepen and develop more trust with people
- hear and act on feedback without becoming defensive
- act from courage not fear
- develop more curiosity and compassion
- value diversity generate more inclusion
- move from reactive to receptive

what people say:

“You learn to be curious rather than judgemental of differing viewpoints, to get closer to ‘we’ without losing ‘me’ ”

L.A., Canberra





How we get you there

we work differently

Your training will be primarily experiential with 'theory bursts' for context-setting - it is also spaced over a number of weeks, providing an opportunity for guidance as you put your learnings into practice.

We believe that learning can be fun as well as serious - you might find yourself laughing or crying!

We are adept at working online as well as in the office, or even better in nature.

We cultivate trust amongst participants and use small group work to enable you to go deeper.

Advantages of our working methods include:

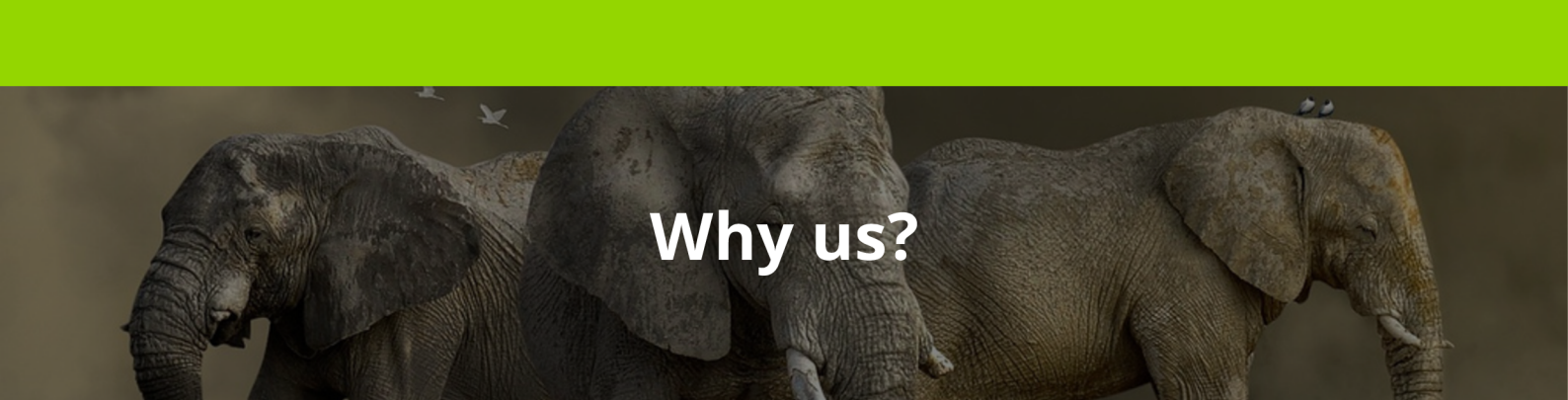
- Creates intimacy and connection - turning vulnerability into an asset
- Integrates the learning into your practice - cementing it deeper
- Generates space for interaction - enabling the learning to be personal

what people say:

"I thought I would be put into really scary places, mentally and emotionally, but it has been instead so compassionate, body focused, and I have realised I do so much better learning in this way"

Donna Malone





Why us?

our unique skillset

We are a cooperative of modern-day elders with many years of professional experience in facilitation, training, and coaching.

We are engagement specialists who get people interacting beyond what divides them, and who also believe in practical and actionable outcomes.

We are trained in multiple practices and are skilled at accommodating your learning needs.

We give you a toolkit that enables you to keep growing beyond the training.

We excel in:

- interactive and experience-based training
- making learning practical and actionable
- combining seriousness and fun!
- engaging the 'whole' person

what people say:

"In terms of your co-facilitation - you make an incredible team and are so supportive and wise with all the skills you bring to the group"

Jo Evans





Get in touch

**Call
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call to learn more or book a package

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