

FRIENDLY FIRE: A conscious approach to conflict.

Team Workshop

Conflict is inevitable. Make it a force for good. Positive, productive relationships start with self-awareness. What we are conscious of, we can control.

- * Discover and discuss the conscious and unconscious drivers of conflict behaviour in you and your team.
- * Develop self-awareness and diversify your skills in communication and conflict management.

Facilitator Ali Cupper is a lawyer, social worker, activist, politician and nationally-accredited mediator who has been at the epicentre of conflict - and conflict resolution - for 19 years. Using scientific tools, evidence-based techniques, colourful reflections and war stories from mistakes along the way, Ali teaches an approach to conflict that is conscious, brave and restorative. Conscious conflict is a mindset and a skill. It builds trust, strengthens relationships and enhances performance. It's also fascinating and fun to learn.



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