

# CINERGY® Conflict Management Coaching Workshop



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## empowering you to make a positive impact in people's lives

Elevate your expertise as a coach, mediator, HR professional or in whatever capacity you work with people in conflict by learning a unique model for coaching clients to strengthen their conflict management skills and the ability to engage in conflict.

This comprehensive workshop will equip you with essential tools and insights to effectively support others through their challenging situations. You will also gain increased insights about conflict and advance your own knowledge, skills, and abilities to manage conflict.

## When you enroll in the CINERGY® Conflict Management Coaching workshop you can expect to:

- ✓ gain the practical skills and abilities that can transform you into an exceptional conflict management coach;
- ✓ delve into the CINERGY® model, a unique 7-step framework enabling you to guide your clients through conflict analysis and action planning;
- ✓ discover the transformative applications of conflict management coaching in both personal and professional contexts;
- ✓ learn how this model can foster harmonious relationships and support productive environments;
- ✓ differentiate conflict management coaching from other modalities and dispute resolution techniques, while gaining an understanding of its unique strengths and applications; and
- ✓ integrate conflict management coaching seamlessly into your existing practice, expanding your expertise and service offerings.

**Only 4 to 6 learning spots are being made available for the upcoming workshop**

Within a dynamic small group, you'll embark on an immersive learning experience in conflict management coaching, where you'll delve into the intricacies of this specialized approach.

Through rigorous practice and interactive sessions, you'll master the art of supporting clients, and empowering them to navigate conflict effectively.

*If you prefer small group training (4-6 participants) or your organization would like to train 4-6 of your staff members together in a small group, this workshop is for you.*

## Participants who prefer a small group setting for learning often cite several compelling reasons:

- ✓ **Personalized Feedback** - Instructors in small group settings can provide tailored and individualized feedback, addressing each participant's specific needs and learning pace.
- ✓ **Active Engagement** - Small group settings foster a dynamic learning environment, encouraging participants to more freely ask questions, share ideas, and collaborate on their learning process.
- ✓ **Long-lasting Bonds** - The supportive and collaborative nature of small group learning can lead to strong connections among participants, often extending beyond the duration of the training.

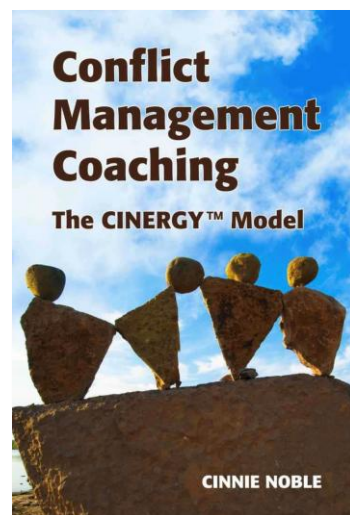
for more than 20 years,  
thousands of people  
worldwide have learned  
**The CINERGY® Conflict  
Management Coaching  
model**

Born from the pioneering work of Cinnie Noble, the CINERGY® model is a 7-step process that seamlessly blends the principles of conflict management, coaching, and neuroscience to transform how individuals approach and manage conflict. For over two decades, thousands of people worldwide have learned this unique methodology, empowering them to navigate conflict with greater confidence, competence, and effectiveness.



Workshop Dates:	Mar. 9 – 25, 2026 - see Session Schedule for details (Registration deadline Feb. 9, 2026)
	Nov. 2 – 18, 2026 - see Session Schedule for details (Registration deadline Oct. 2, 2026)
Cost:	\$2,650 (CDN) = (\$2,345.13 + 13% HST tax)

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The CINERGY® conflict management coaching workshop has been approved and certified by the International Coaching Federation (ICF). Participants who successfully complete this program can receive up to 39 continuing education credits that can be applied towards any ICF coaching designation.

Participants are required to purchase the book **“Conflict Management Coaching: The CINERGY Model”** available at major book stores.

**Take your conflict management skills to the next level and make a positive impact on the lives of others.**

**SHARAD KERUR - your workshop instructor and practice coach-mentor**



Sharad is a CINERGY® Conflict Management Accredited Trainer who also holds an Associate Certified Coach (ACC) designation granted by the International Coaching Federation. He is a trained Personal & Business Coach, a certified Conflict Dynamics Profile practitioner, a qualified mediator, a certified workplace fairness analyst, and instructor in the areas of navigating conflict relationships and difficult conversations. Sharad sees his instructor and coach-mentor roles as a partnering relationship in which he supports participants to maximize their learning opportunities.

Sharad Kerur

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## CINERGY® CONFLICT MANAGEMENT COACHING

### VIRTUAL TRAINING - CLASS AND PRACTICE DATES

**March 9 – 25, 2026**

**Times are in EST (Eastern Standard Time - Toronto)**

Class 1	March 9	9:30 AM – 1:30 PM (4 hours)
Class 2	March 10	9:30 AM – 12:30 PM (3 hours)
<b>Skills Practices (Segment 1)</b>	<b>March 11 - 16</b>	to be scheduled 5 total practice hours per person, divided over two 2 ½ hr. sessions
Class 3	March 17	9:30 AM – 12:30 PM (3 hours)
<b>Skills Practices (Segment 2)</b>	<b>March 18 – 23</b>	to be scheduled 5 total practice hours per person, divided over two 2 ½ hr. sessions
Class 4	March 24	9:30 AM – 1:30 PM (4 hours)
Class 5	March 25	9:30 AM – 12:30 PM (3 hours)
<b>Intersession work, for which participants receive credits, will be assigned throughout the above schedule (30-40 minutes on average).</b>		

**Please NOTE:**

**Receipt of a CINERGY® Certificate of Completion and ICF CCE credits** requires full attendance at all classes, completion of all practice sessions, and submission of all assigned intersession work. This is an intensive, skills-based program — active participation and consistent effort are essential for success.

## CINERGY® CONFLICT MANAGEMENT COACHING VIRTUAL TRAINING - CLASS AND PRACTICE DATES

**November 2 – 18, 2026**

**Times are in EST (Eastern Standard Time - Toronto)**

Class 1	November 2	1:00 PM – 5:00 PM (4 hours)
Class 2	November 3	1:00 PM – 4:00 PM (3 hours)
<b>Skills Practices (Segment 1)</b>	<b>November 4 - 9</b>	to be scheduled 5 total practice hours per person, divided over two 2 ½ hr. sessions
Class 3	November 10	1:00 PM – 4:00 PM (3 hours)
<b>Skills Practices (Segment 2)</b>	<b>November 11 - 16</b>	to be scheduled 5 total practice hours per person, divided over two 2 ½ hr. sessions
Class 4	November 17	1:00 PM – 5:00 PM (4 hours)
Class 5	November 18	1:00 PM – 4:00 PM (3 hours)
<b>Intersession work, for which participants receive credits, will be assigned throughout the above schedule (30-40 minutes on average).</b>		

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