

Conflict Without The Drama



A full day immersive experience for individuals and teams who want to navigate conflict with clarity, confidence and emotional maturity without the reactivity, tension or drama.

Conflict isn't the problem.
It's the nervous system responses, unspoken assumptions and emotional patterns underneath it that create friction.
When people understand their triggers, their impact and how to communicate safely, conflict becomes a catalyst for clarity, connection and growth.

WHAT WE COVER

- What conflict really is (and what it isn't)
- Nervous system responses + emotional triggers.
- Personal conflict styles + patterns.
- How tone, assumptions and impact shape communication.
- Tools for grounded, safe and clear conversations.
- Repairing after conflict + rebuilding trust.
- Integration & real world application.

WHO ITS FOR

- Teams experiencing tension, miscommunication or recurring friction.
- Leaders wanting to handle difficult conversations with confidence.
- Individuals who want to feel less reactive and more grounded.
- Organisations wanting healthier communication and stronger collaboration.

OUTCOMES

- Clearer understanding of personal conflict patterns and triggers.
- Stronger ability to regulate before responding.
- Increased confidence in navigating difficult conversations.
- Reduced drama, reactivity and emotional spill over.
- Healthier team dynamics and improved collaboration.
- Practical tools for repair, clarity and psychological safety.

DELIVERY + PRICING

Delivered:

- Virtual (split into two half-days)
- In-person (full day)

Pricing:

- Organisations (Virtual): £2000
- Organisations (In-person): £2400

Book Your Session

Email us at
info@trans4mativeminds.co.uk or scan
the QR code

