

# Stress Less

We use words to communicate not only with other people but also with ourselves, the words and meaning we attach to any given experience becomes our reality, regardless of whether it's factual.

Learn **Proven tools** for communicating, listen to that head talk to have the courage to speak up calmly and clearly.

Patterns of interactions can be transformed even in challenging situations where others appear uncooperative.

## **Who will benefit**

- People in the workplace who experience tiredness, backache and headaches.
- **Parents who are busy at work and want to connect with their family with the limited time they may have during the week.**
- Partners who think they don't have the same fun or understanding in their relationships.
- People wanting to :
  - Revitalise their relationships
  - Manage stress
  - Be more assertive
  - Improve decision making and boost creativity
  - Have more energy
  - Receive or deliver difficult messages without taking them personally, giving in or losing self esteem**
  - Calm the wild raging dogs in your workplace or yourself

Date: May 3-4 2008

Duration: 2 Days 900am-500pm

Cost: \$340pp Early Bird \$240pp Paying before April 15

Concession \$240 Early bird Concession \$160 Paying before April 15

Venue: Narrabeen

To book email [glynisconlon@optusnet.com.au](mailto:glynisconlon@optusnet.com.au)

## Beyond Power Struggles

- Stay calm and compassionate even in the most difficult circumstances.
- Learn to be more assertive
- Save time communicating with clarity and understanding
- Move difficult conversations forward whilst retaining respect of yourself and others.
- Alter patterns preventing you from understanding or being understood by a particular person.
- Minimise defensiveness

A simple model for support and stability in any interaction

### Who will benefit

People at work who are experiencing another person is threatening action or gossiping, blaming or demanding.

**Parents who are busy at work and want to connect with their family with the limited time they may have during the week.**

Parents of Teenagers

### **Teenagers with Parents**

Partners who are busy or have just lost touch (or interest) in their relationship.

How this training is different from other communication or conflict resolution trainings and tools.

### Powerful

Calm the wild raging dogs in your workplace or yourself

Receive or deliver difficult messages without taking them personally, giving in or losing self esteem

Alter patterns of behaviour that contribute to anger and arguments

Become conscious of the impact of our everyday language

### Simple

4 step model

Learnable

Practical

### Enjoyable

Improve cooperation-listen so others are really heard

Transform criticism and blame into trusting conversations

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Date: May 10 + 11

Duration: 2 days 900am-500pm

Venue: Narrabeen

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# Don't Be Nice, Be Real

Create ease and clarity with inner conflict  
Improve and revitalise relationships  
Manage anger and stress  
Heal past pain in relationships  
Receive or deliver critical and hostile messages without taking them personally,  
giving in or losing self esteem

## **Who would benefit**

people who:

like to “please” others

have(to date) successfully kept their anger in control

want to express their anger without later regretting it

express honestly in the face of authority

[A simple model for support and stability in any interaction](#)

To book email [glynisconlon@optusnet.com.au](mailto:glynisconlon@optusnet.com.au)

Date: June 14 + 15

Duration: 2 days

Venue: Narrabeen

Cost: \$340pp Early Bird \$240pp Paying before May 15

Concession \$240 Early bird Concession \$160 Paying before May 15

# Difficult Conversations

The gap between what you're really thinking and what you're saying is part of what makes a conversation difficult. You can feel distracted by what's going on inside your head.

This 2 day training will give you a creative way to deal with tough problems while treating people with decency and integrity.

Learn to express honestly in the face of authority.

## **Who would benefit**

People doing things because of guilt

Partners who are busy or have just lost touch (or interest) in their relationship

Anyone who has ever asked "Am I competent"?

If you've heard "be diplomatic" or "try to stay positive" and its annoying because you want better answers than that.

People wanting job satisfaction and fulfilment

Anyone experiencing stress and burnout

[A simple model for support and stability in any interaction](#)

To book email [glynisconlon@optusnet.com.au](mailto:glynisconlon@optusnet.com.au)

Date: June 28 + 29

Duration: 2 days

Venue: Narrabeen

Cost: \$340pp Early Bird \$240pp Paying before May 15

Concession \$240 Early bird Concession \$160 Paying before May 15

## **Proven tools** for

Communication Preventing conflict

Resolving conflicts-**work-place, teens, partners**

Rejuvenating relationships with those you love

Delivering and hearing "hard to hear" messages

**Listening without hearing criticism**

## **Other training dates**

Don't be Nice, Be Real August 25 + 26 Nov 29 + 30

Difficult Conversations Nov 8 + 9 Dec 6 + 7

Beyond Power Struggles Nov 15 + 16