

a one day

workshop

Beyond Conflict



Learning to put children first

This workshop is designed to help quell the hostility in high conflict co-parenting relationships. The workshop explains how conflict affects children and how children unwitting become victims of their parents ongoing disputes.

Communication

Parents and children regard communication difficulties as a serious on-going problem post-divorce.

- Understand the guidelines for effective communication.
- Learn how to communicate with one another in a respectful and effective businesslike manner.

No more getting side tracked by angry distorted messages. No more name calling or put downs!

Dealing with Anger

Anger masks a number of uncomfortable feelings. It keeps co-parents locked in unhealthy, destructive feuding relationships. During the course of the workshop skills and strategies for minimizing anger will be presented. With the use of these new strategies and skills parents will find that it is possible to calmly eliminate destructive aspects of their bitter emotional struggles.

**Please telephone 011 786 7538 for details
on the next workshop**

Barriers to resolution

Barriers to conflict resolution will be presented through the use of interactive exercises. Parents will learn elements of negotiation as well as techniques to enable them to disengage from conflict. In short they will be empowered to stop the conflict, end the war and give their children back their childhood.

Children's well-being

This workshop aims to help parents build a partnership in spite of historical difficulties they may have experienced. Ultimately the new knowledge and skills learnt in this workshop will enable parents to sustain a co-parenting partnership based on love and concern for their children. In so doing, their most precious assets can grow up into psychologically healthy individuals. When all is said and done parents are forever. They may be divorced and single, but they are not single parents, they are co-parents.

Who should attend

This workshop is designed for parents who experience high levels of post-divorce conflict. A team of two highly skilled professionals create a safe environment for parents to develop their skills individually or together.

Location, Dates, Time and Cost

-  **This workshop will be offered in a number of different venues throughout South Africa**
-  **Interested parents can call the office at 011 786 7538 to find out when the next workshop is being run at a venue closest to them**
-  **The eight hour workshop runs from 9:00 to 17:00**
-  **Tea and a light lunch will be served**
-  **Each participant receives a manual**

**Download your registration form
at www.familyzone.co.za.**