



“Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict”

## CINERGY™ Conflict Management Coaching Workshop

Coaches help clients enhance their conflict management skills, find better ways of dealing with conflict situations and improve their communications when in difficult circumstances. This 4-day intensive workshop will enable participants to begin coaching clients immediately on a one-to-one basis. It is suitable for working with managers, employees, people coping with difficulties situations and for people who want to enhance their conflict management and communication capacities. You will:

- Learn about and be able to coach people using the 7 stage CINERGY™ process
- Understand conflict dynamics, coaching principles, and essential coaching skills
- Learn about and be able to use powerful questions that transform viewpoints
- Receive one on one mentoring while you are coaching
- Get coached on your own hot buttons and managing difficult situations/people

Participants on the CINERGY™ Conflict Management Coaching workshop are often Coaches, Mediators, H.R. Consultants, Senior and Line Managers and Therapists. Persons may attend coaching to learn how to have difficult conversations, to be more assertive, to be able to attend mediation and staying on message. The course includes a large volume of highly mentored skills practice to give participants the best possible learning experience.

**Dates:** Wednesdays and Thursdays 15<sup>th</sup> and 16<sup>th</sup>, 22<sup>nd</sup> and 23<sup>rd</sup>

**Times:** 9.30am to 4.30pm.

**Cost:** €1,295.00 with **Early Bird Price** of €1095.00 (if paid before 1<sup>st</sup> March 2023)

**Trainers** Catherine O’Connell

**Contact:** Catherine at 0879936237 or [Catherine@blossomdevelopment.com](mailto:Catherine@blossomdevelopment.com)

**Booking:** Early booking is advisable as course capacity is limited



## BOOKING FORM CINERGY™ CONFLICT MANAGEMENT COACHING WORKSHOP

Name \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

This course is limited to between 6 and 9 participants. Please ensure that a place is available before making your payment by contacting Catherine at 0879936237 or via [catherine@blossomdevelopment.com](mailto:catherine@blossomdevelopment.com). Upon confirmation please make payment within three days to ensure your place

### Payment to be made via online banking

Payable to Blossom Development, 42 Aughrim Street, Dublin 7 by internet banking to:  
Bank of Ireland, Phibsboro; Account 82126431; sort code 90 06 23.

Bic BOFIE2DXXX: IBAN IE04BOFI90062382126431:

Reference CONFLICT COACHING MARCH 2023

Dates: Wednesdays and Thursdays 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> March 2023

Times 9.30am to 2pm

Cost: €1,295.00 full price - **Early Bird Price €1095.00** (pay before 1<sup>st</sup> March)

Contact: Catherine at 0879936237 or [Catherine@blossomdevelopment.com](mailto:Catherine@blossomdevelopment.com)

I give my permission to be contacted for the purpose of being able to participate in the programme and receive information and material in relation to the same.

Signature \_\_\_\_\_