



# Talking About...

Professional Development Workshop Series 2015

## Conflict in families

Wednesday 11th March | 9.30am - 12.30pm

This workshop will benefit professionals and look at ways to support parents or grandparents dealing with conflict in families.

Family conflict is different from other types of conflict as family members are already highly emotionally attached. These emotions can quickly intensify conflict. Establishing boundaries can help family members deal with situations they otherwise feel are out of control.

The workshop will focus on boundaries, why we need them and why they are important.

On completing the workshop, participants will:

- ◆ **Gain knowledge, skills and ideas on how to manage conflict in families**
- ◆ **Recognise the importance of setting boundaries**
- ◆ **Learn some simple techniques to assist with managing conflict.**

**FACILITATOR:** Sandi Champaneri is a highly experienced and qualified training facilitator who is passionate about empowering people. In her own training business "*Over the Fence*" she equips people to establish and maintain personal and professional boundaries.



Sandi has been working in the not for profit sector for 14 years. She has significant cross cultural knowledge to complement her experience in developing and running programmes for people from all walks of life. Sandi has previous experience of working in the public sector and in the community.

**LOCATION:** Skylight, 2A Green Street, Wellington

**COST:** \$80.00 Includes morning tea and handouts

**REGISTER ONLINE:** <https://skylight.ismartsoftware.net/iRegister/Courses>

**EMAIL:** [pd@skylight-trust.org.nz](mailto:pd@skylight-trust.org.nz) or phone 0800 299 100/04 939 6767 for all queries