

SUSTAINABLE RELATIONSHIPS AND
CONFLICT RESOLUTION III

Communicate!
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Wednesday, 21st October 2020
@ 7.30-9.00 pm BST/Ireland

Email letitia@stenninguk.com or
tonykearney6@gmail.com for the Zoom
link to this event

Communicate! Communicate! Communicate!

IN THIS THE THIRD OF OUR SERIES OF ONLINE ZOOM CONVERSATIONS ON SUSTAINABLE RELATIONSHIPS AND CONFLICT RESOLUTION.

.We shall be looking at the importance of Communication in all relationships, be they personal, family, workplace, community and more. When, What, Where, to Whom, How and Why we communicate, plus some key pointers towards making communication more effective than it sometimes is. From relationship building to dealing with conflict when it occurs.

Given the vastness of this area we will be exploring some simple ABCs of effective communication. In this we will not be using as a template for good and effective communication the following:

- A = Avoidance
- B = Blame
- C = Criticism

But what can we use instead and how and when can we use better methods to communicate that build bridges rather than destroy them?

Well why not come and helps us find out together! This will be a live, interactive and hopefully at times spontaneous engagement and you don't have to have been on any of our previous Zoom sessions to join this next one as they're designed to be stand alone in their own right.

Tony Kearney and Letitia Stenning

Feel free to pass on this flyer to friends, family or colleagues if you wish to do so..