

Conflict Management Coaching Workshop 2019



Resolution Institute is pleased to offer the CINERGY® conflict management coaching workshop. Conflict management coaching brings together coaching and alternative dispute resolution in a powerful process which supports people to reach their goals in the way they manage conflict.

As a trained CINERGY® conflict management coach, you will be able to coach individuals to:

- Reflect on and gain a better understanding on their approach to conflict
- Help shift destructive reactions to more constructive responses
- Communicate effectively in conflict situations
- Develop skills to manage disputes more collaboratively.

Resolution Institute offers this course regularly and can also deliver the training in-house.

About conflict management coaching

Conflict management coaching is a process in which a trained coach supports and helps an individual to deal with specific conflict situations and to become competent in managing disputes. Conflict management coaching is voluntary and confidential, enabling people to gain insight in examining their own contribution to conflict and the choices available to them. It can help people navigate change and negotiate family and other relationship dynamics.

Conflict management coaching is particularly useful as an early intervention strategy, in situations where parties may not be ready or able to bring the conflict into the open, or where there are habitual patterns of destructive conflict. Conflict management coaching can be used to prepare people to engage more effectively in negotiation, mediation, relational conflict and change. It can also assist in minimizing the risk of psychological workplace injury.

Continuing professional development (CPD)

Workshop hours contribute up to 28 hours continuing Professional Development towards Resolution Institute's Mediation Accreditation scheme and the National Mediation Accreditation System (NMAS). Participants may receive up to 28 Continuing Coaching Education Units as approved by the International Coach Federation as follows: 20 hours ICF Core Competencies; and 8 hours Resource Development.

Workshop Fee

The fee includes lunch, morning and afternoon tea, workshop materials and 12-month Resolution Institute Graduate membership for new members.

Early Bird Registration:

(registered more than eight weeks prior to the workshop)

NZ\$2,730 incl GST

Standard Registration:

NZ\$2,950 incl GST

New Zealand Workshop Dates

2019

Wellington, NZ

Monday 19 – Thursday 22 August

Your facilitator



Lynora Brooke has used the CINERGY® model of conflict management coaching since training with Cinnie Noble in 2005. Lynora finds it an invaluable tool to assist individuals with the management of interpersonal and workplace conflict and to prepare for, or debrief after, difficult conversations, negotiations or mediation. With a focus on leadership development and conflict management, through her own consultancy, Redefinity, Lynora specialises in leadership coaching, mentoring, workplace and commercial mediation, team dynamics assessments and conflict coaching. She also facilitates the 2-day inhouse course Leader as Workplace Coach and the 3-day Advanced CMC course for Resolution Institute.

About the workshop

The CINERGY® conflict management coaching workshops have a limited number of participants to ensure individual attention and focused learning. Participants will:

- Identify the unique principles and methods of conflict management coaching
- Explore the framework that underpins conflict management coaching
- Learn and practice the stages of CINERGY® conflict management coaching
- Reflect on and gain a better understanding of their own skills in managing conflict and change
- Learn how to empower individuals to identify their own solutions
- Develop skills to be an effective conflict management coach
- Learn how to use this method as effective preparation for mediation
- Gain an appreciation of the many applications and uses of conflict management coaching
- Learn to apply different conflict management coaching strategies
- Develop an understanding of the conflict cycle and learn about the Not-so merry go round of conflict.

The workshop is highly interactive, incorporating self-reflection, skill-building exercises, discussions, simulations, demonstrations and skills practice sessions as coach, client and observer.

Following completion of this workshop you will be invited to join a worldwide community of practitioners and can join in on monthly calls with CINERGY® coaches from different countries.

What previous participants found effective

"Would recommend this course unreservedly."

"Will use components of this every day."

"It was presented in a clear, easy to follow manner."

"The knowledge and experience of the trainer."

"Capacity of the model to be used in a variety of situations."

"Time to learn, adjust, improve."

"The opportunity to practice and to observe others practicing."

"Really enjoyed the workshop and the way it was delivered. Met my expectations in every way."

"Learning that the coach remains impartial; that it's all about 'the client' and not about the coach."

"Being able to practice the method and receive very constructive feedback from other participants, the trainer and coach-mentors."

"Experience of being client and unravelling real conflicts."

"The feedback and being able to ask questions as we went along in real time."

"I really enjoyed this course. I feel excited about using the model to help others reach their goals. It's a great tool. The way it was delivered was very effective. I like how it was visual and interactive."

"Overall, I found the skill development and personal development very energising – like being given new glasses to see the world in a different light. Thanks."

For more information and to register online, please visit: www.resolution.institute