

Hi, thanks for looking this far! This workshop is being offered as part of the annual Albany Summer School. The schedule is still being finalised but I thought you might like to have this “heads up” and save the date into your calendar. Please feel free to email me at christinegillett@gmail.com so I can let you know when bookings are open.



The Illusion of Conflict

5 afternoon sessions

9th to 16th January 2023

Albany

Does conflict rear its head from time to time for you?

Chris introduces a simple process that helps us move from conflict to connection. We'll look at a variety of situations from the bedroom to the boardroom, including those funny, everyday differences we have with each other. We'll also explore some tussles we have inside our own heads, such as when we have a decision to make or we regret doing something. Chris provides a light-hearted and safe environment in which to experiment and learn together.