

Building bridges between those in conflict



Wandsworth **Mediation** Service



PEACEFUL COMMUNITY: 6 FREE WORKSHOPS ON ZOOM TO CHANGE THE WAY WE COMMUNICATE

Do you struggle communicating with your partner or family?
Are your neighbours upsetting you and you don't know what to do?
Would you like a better relationship with your children?
Would you like to change the way you deal with conflict?

Conflict can cause stress, anxiety, worry and it can affect your health. These sessions will help you learn new skills to express yourself and listen to others.

Starting 20 January 2021 on Wednesday mornings
9.30 am to 12pm

ON ZOOM

Please register to secure your place:
mediators@wandsworthmediation.co.uk

www.wandsworthmediation.co.uk

This project is funded thanks to a grant from the
Battersea Power Station Foundation.



Wandsworth Mediation Service
Peaceful Communities Workshops
Wednesdays 9.30am- 12pm
ON ZOOM

Please come to one or all of the sessions.

20 January: Rebuilding relationships: how to restore relationships with the people around you

This workshop will explore the reasons why some relationships with neighbours and friends break down, and some practical steps you could take to restore them.

27 January: Managing your emotions: how to keep your mind and body well during stressful times

This workshop will explore what we can do to stay calm during stressful times and in stressful situations. It will provide general tips and techniques, and will also help you reflect on what works for you.

3 February: Improving your listening skills

This workshop will help you to learn how to listen to others in a new way, which will help you to understand them better, and it will give you tools to take home.

10 February: Expressing yourself: understanding and expressing your needs and feelings so that others can understand you

This workshop will help you understand your thoughts and feelings when communicating with others, and develop skills for clearly expressing yourself so that you can be heard.

17 February - no session

24 February: Straight talking: how to get results by saying things that people might not want to hear

In this workshop you will learn a powerful technique to say difficult things to people in a constructive way, to achieve a positive outcome.

3 March: Dealing with conflict: managing how you react to disagreements

This workshop will help you think about conflicts that have affected you using interactive exercises and you will learn tools to equip you to deal with disagreements.

Please register at mediators@wandsworthmediation.co.uk to reserve your place.
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A peacemaking service that empowers without imposing,
that listens without fixing, and collaborates without judging.
Personal. Professional. Compassionate.