

Recognise, Reflect and Resolve

An aid to enhance parents knowledge and skills to deal with relationship conflict

(Sample 1/2 day session for parents)

Aim

This course will provide participants with an understanding of conflict prevention and resolution skills, and the ability to reflect and build upon existing skills.

Learning Outcomes

This course will enable participants to:

1. Demonstrate an understanding of some of the dynamics of conflict
2. Identify triggers to conflict within the family
3. Reflect on how to resolve conflict scenarios

Agenda

Introduction

Activity: The basics (ground rules)

Activity: Hopes & fears

Conflict

What is conflict?

Perceptions tell a different story

Gaining perspective

Silly wee things

Anger

The anger cycle

What makes you angry?

Responding to conflict

Behaviours

Boundaries

Resolving conflict

Evaluation Feedback

Q&A

Evaluation