

# Creative Conflict

Conflict is an opportunity to build stronger relationships and greater understanding  
Half Day Workshop

“Promise me you will not spend so much time treading water and trying to keep your head above the waves that you forget, truly forget, how much you have always loved to swim.”

– Tyler Knott Gregson

Do you have a low tolerance level when it comes to conflict?

Do your “buttons” get pushed by certain people and situations?

Conflict is part of life. Every day we face challenges that we need to handle or accept. Life is hard, we need a bag of tools that we can access when there is a challenging situation that we face.



## Our facilitator



Hanrie Fridjohn

Hanrie started Pro-Active Communications 20 years ago. She facilitates, designs material and coaches anyone who wishes to get “unstuck”. She has an M-Phil in Management Coaching, a B-Prim (Art) and is an accredited Enneagram Coach. She is passionate about communication. She brands herself a “compulsive reader” with a “curious disposition”. She strongly believes that conflict can be turned into creative conversations.



In this half day workshop you will explore what conflict is.

You will be made aware of how communication can get wrongly interpreted and how messages can be translated. We will uncover different personality types to understand how one’s “lens” can improve the decoding of messages.

## Outcomes:

- Understanding the difference between communication and conflict.
- Why certain people “push your buttons”.
- How can our “blind spots” in our personalities activate conflict.
- Tools to neutralise a potential conflict situation.

## What previous participants have said

*“Hanrie is dynamic, results-oriented and cares deeply about her deliverables to the client.”*

Gen Edwards, Adult Learning Consultant

## CAPE TOWN

Friday, 17 August 2018  
Atlantic Imbizo, V&A Waterfront

## TIME

08:30 – 12:30 (08:00 registration)

## INVESTMENT

R1 350 excl. VAT for Corporates  
R950 excl. VAT for NPOs

## BOOK NOW!

For bookings [click here](#) or contact 021 913 3507 or [johleen@symphonia.net](mailto:johleen@symphonia.net)

## IN-HOUSE WORKSHOPS

For an in-house workshop contact Kym Jackson on 082 453 9393 or [kym@symphonia.net](mailto:kym@symphonia.net)

[www.symphonia.net](http://www.symphonia.net)

