

Conflict Coaching

1 - DAY COURSE



Learn the skills to support individuals on a one-to-one basis so that they can learn to resolve conflicts constructively. Help them gain the confidence and competences they need to resolve conflicts be it in the community, their family or workplace.

Course Content

- Gain an understanding of conflict theory
- Introduce the concept of coaching vs mediation, and its place in helping resolve conflict
- Understand and develop the key skills needed to be a coach
- Examine and overcome barriers to client progression
- Understand how to support yourself whilst supporting others

Find Out More

This 1-day course is delivered online. However, if you would like to book for multiple attendees we can deliver it face-to-face. Make an enquiry for pricing and to book your preferred date.

[Enquire Now](#)

 info@adrmediation.org.uk

 01772 954602



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Mental Health and Complex Conversations

1 - DAY COURSE



Whether you are a coach, facilitator/mediator, HR professional or regularly have difficult conversations with people, this course offers a practical way for you to learn the skills you need to get the best from people who are dealing with mental health issues whilst providing a clear understanding of the link between complex conversations and mental health.

Course Content

- Conflict and its relationship with mental wellbeing
- How to spot the symptoms and support parties through the most common mental illnesses
- What to do in a crisis situation
- How to evaluate a party's capacity to mediate
- Tips on looking after your own wellbeing

You will also have the opportunity to put into practice what you learn through discussion and role play.

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Mental Health For Managers

1 - DAY COURSE



This course is for managers looking to improve their knowledge and confidence around mental health. This course will show you how to provide positive wellbeing in the workplace. Learn more about the connection between mental health and the workplace and get a thorough understanding of how to help those in crisis, whilst protecting your own mental wellbeing.

Course Content

- Understand the link between the workplace and mental health
- Learn the most common types of mental illnesses in the workplace
- Develop the communication skills to have supportive conversations around mental health
- Guidance on how to manage absence and return to work procedures
- Tips on how to maximise employee engagement, productivity and wellbeing

Find Out More

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Opening the Door to Dialogue

1 - DAY COURSE



This course will teach you how to nip issues in the bud and manage difficult conversations constructively. Build your confidence to effectively address difficult issues and maintain positive relationships. Learn new skills that will equip you to handle difficult conversations with colleagues, clients, stakeholders, or anyone else you deal with in your role.

Course Content

- Understand what conflict is, its causes and consequences
- Recognise when a conflict situation turns destructive
- Develop the skills to resolve a conflict situation
- Appreciate how to prepare and deliver a difficult conversation
- Skills practice in a safe, supportive environment

Find Out More

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