



REAL[™]
CONFLICT COACHING

REAL CONFLICT COACHING[™] FOR FAMILY DISPUTE RESOLUTION

ADD CONFLICT COACHING TO YOUR
FAMILY DISPUTE RESOLUTION TOOLKIT

4 DAY WORKSHOP

This highly-interactive and skills-focused workshop is the first step towards accreditation as a REAL Conflict Coach. The course is specifically designed for those working with families in conflict (particularly separated couples trying to manage parenting arrangements).

A conflict coach provides one-on-one support to a person to enable them to constructively deal with conflict now and in the future. Conflict coaching is a capacity building activity with long-term benefits, because it assists individuals to develop their conflict management skills as well as engaging better with current conflicts.

Who should attend?

- *Family Dispute Resolution practitioners who wish to use conflict coaching with clients pre-FDR.*
- *Family Dispute Resolution practitioners who wish to use conflict coaching techniques in their pre-FDR sessions with clients.*
- *Counsellors and other professionals working with parents in conflict who wish to add conflict coaching to their support tools.*
- *Conflict coaches who wish to use their coaching skills in the family context*

Conflict coaching can assist parents in conflict in a number of ways. It can:

- Support parents in conflict to manage their co-parenting challenges without the need for FDR;
- Prepare parents to constructively participate in FDR sessions;
- Support parents to implement parenting agreements reached at FDR;
- Provide one parent with individual assistance to manage ongoing conflict with the other parent when one parent refuses to attend FDR.

Conflict coaches assist parents to develop the 5 Cs:

CLARITY: Gain clarity about the conflict situation.

COMPREHENSION: Understand their own, and the other person's, needs and experiences.

CHOICES: Identify and evaluate their choices for moving forward.

CONFIDENCE: Develop confidence about managing conflict and achieving their goals.

COMPETENCE: Increase their conflict management skills so that they can constructively engage in conflict, now and in the future.

In the workshop, you will learn:

- How people typically think and talk about their conflicts, and how this can lead to unhelpful conflict interactions;
- How to support people to break free from their dysfunctional conflict stories and to think more constructively and innovatively about their situation;

- How to help people identify what is really important to them in a conflict situation and to develop goals and action plans for moving forward;
- How to motivate people to engage in conflict in a more productive way, now and in the future;

You will develop conflict management and coaching skills including:

- Deep listening;
- A range of questioning techniques;
- Challenging; and
- Providing feedback.