

# Allan Parker Presents

## Healthy Conversations Healthy Culture Sydney

6<sup>th</sup> & 7<sup>th</sup> August 2019

"Healthy conversations, healthy culture" will teach you skills to navigate the blurred roles and relationships that cross between generations, family, friends and business. Participants will learn a range of skills and behaviours that build relationships, improve communication, decrease conflict and lower stress levels. A focus will be on learning to prevent or resolve complex situations with positive outcomes for all in the workplace no matter where or what industry. It is about breaking patterns and replacing them with better interactions.

Just some of the areas that will be covered include:

- creating composure in yourself and others
- understanding specific behaviours that produce dysfunctional behaviour and how NOT to further ignite it
- how to respectfully pattern to produce a calming effect and to interrupt hostility and aggression with calm
- soft/hard communication; have your point of view heard without reaction
- the 1st, 2nd and 3rd gear of practical brain processing, including "How to see and hear, yet not feel, emotionally" - how to increase composure and reduce reactions
- simple methods to enhance rapport, credibility and positive relationships all day, every day
- bringing healthy boundaries and behaviour codes into daily practice for family, friends and the workplace

### Program Details

**Date:** 6<sup>th</sup> & 7<sup>th</sup> August 2019

**Time:** 9 am to 5pm

**Venue:** Sydney

**Cost:**

\$1,800 + GST per person

\$1,400 + GST per person for groups of 3 or more

**Register:**

<https://www.trybooking.com/BDJFH>

