

Reduce *stress* and forge collegial relationships at work • Practice skills to help you use *conflict* constructively • Keep your cool when others *lose* theirs



Insights Into Managing Workplace Conflict

Brown bag series at Kellogg-Hubbard Library
Five Mondays, Noon-1:00 pm

What: Join the Montpelier Community Justice Center's Yvonne Byrd for five skills-building interactive sessions to help you gain a better understanding of yourself and others in conflict. Bring your lunch and leave with some new tools.

When: April 20 and 27, and May 4, 11, and 18, Noon to 1:00 pm.

Where: Kellogg-Hubbard Library, 135 Main Street, Montpelier, VT

How: Call 223-9606 or email jgibson@montpelier-vt.org to register or for more information.
FREE, but pre-registration is required.

Who: Yvonne Byrd is the Executive Director of the Montpelier Community Justice Center. A graduate of Woodbury College's Mediation program, she has helped people manage conflict and resolve disputes since 1993 through mediation, conflict education, consultation, and coaching.

What others have said:

"It helped me understand the complexity of interactions."

"We looked at appropriate channels for meeting needs/getting things done."

"I learned how to approach difficult situations and bring humor and realism to concerns."