

A Free Workshop Series

Those Difficult Conversations

HOW TO TALK ABOUT WHAT MATTERS MOST
WITH LESS STRESS AND MORE SUCCESS

Whether trying to manage a delicate situation at work, talk to family members about a loved one's needs, navigate a disagreement with a neighbor, or voice opposition regarding municipal affairs, many of us tend to avoid or stumble through these "difficult conversations". This workshop series, based on the book *Difficult Conversations* by Douglas Stone, Bruce Patton, and Sheila Heen, offers tips and a chance to practice bringing up the hard stuff with less stress and more success.

How do you talk to your neighbors about the fumes that come in your window when they leave their car running? The dog that barks each time you sit in your yard? Or the ball that keeps coming over the fence onto your garden? Learn ways to give information, ask for what you need, and negotiate differing expectations.

Why did they do that?!
How do I have a voice in local government?
Civic leaders want and need to hear from citizens to guide their decisions. Learn ways to express yourself so that you will be heard.

Extraordinary measures or palliative care? Nursing home or a leave of absence to provide home care? What about the estate? Conflict is almost inevitable when family members with varying perspectives struggle over what is right. Learn how to understand and talk about the tough stuff in ways that help ensure that family and friendship ties are not broken or damaged during one of the most painful and meaningful of human experiences.

For Teens Only — Have you ever had a conversation with an adult that you wish went differently? Do you ever get the sense that you and your parents or teachers just don't understand each other, or avoid saying what you really feel because you're afraid of how they will react? In this interactive workshop you will discover how your own conflict style affects your communication, and learn real ways to face even the toughest conversations with the adults in your life.

Have you wanted a clear description of your job and responsibilities, but been afraid to ask? Do you need to ask a fellow worker to keep his clutter off the copier or not wear that perfume that aggravates your allergies? This workshop will help you develop the practice of asking for what you need in a quiet, confident way.

Difficult Conversations:

The Basics

Jan 31

Presented by Kathleen Moore & Ginny Sassaman

Difficult Conversations:

With Neighbors

Feb 21

Presented by Brooke Hadwen

Difficult Conversations About:

Community Issues

Mar 21

Presented by Mary Hooper & Yvonne Byrd

Difficult Conversations Involving:

End of Life Issues

Apr 11

Presented by Alice Estey

Difficult Conversations for Teenagers:

Talking to Adults

Apr 25

Presented by Amy Beth Kessinger

Difficult Conversations:

In the Workplace

May 2

Presented by Rebekah Cook & Kristin Prior

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All workshops are held at Kellogg Hubbard Library, Montpelier • 6:30 - 8:30 pm
Participants will receive a free copy of the book *Difficult Conversations* (while supplies last)

Pre-registration is required for each workshop – call Karen at 223-9606 or email klblazer@montpelier-vt.org



Montpelier
Community Justice
Center
restoring relations

Co-sponsors -
Vermont State Employees' Association
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