



Role play, experiential exercises, and discussion are integrated into the training to make it entertaining and instructive!

The TRAINER

Leon Levin is an independent counsellor, mediator and trainer in conflict resolution. He has led trainings and mediated conflicts for over 30 years, working with business, police, education and health systems, as well as with families, and various communities across North America and abroad.

Working with emotionally disturbed children, and counselling families and couples, Leon gained experience handling strong emotional encounters and became intrigued by the problem people have navigating painful differences.

For six years he was a member of the Board of Directors for The Centre for Nonviolent Communication, an international network for world peace.

Conscious COMMUNICATION



Enhancing RELATIONSHIPS

The TRAINING

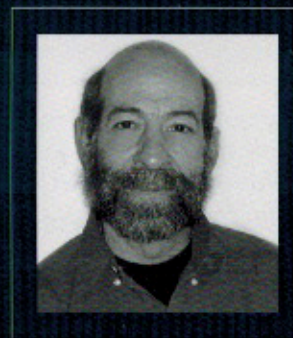
Conscious Communication is a combination of creative conflict resolution enhanced with the skills of empathy and compassion.

Conscious Communication provides a specific step-by-step process to follow when communicating, even at the height of anger, fear, guilt, or despair. It provides a means to reach behind the words to clear the way to creative solutions.

The training shows you how to:

- hear criticism without getting defensive
- educate another without sounding critical
- work with anger and other strong feelings in yourself and others
- prevent physical and psychological violence

CONTACT



Leon Levin

London [519] 878 3621
leon@leonlevin.net

Arguments, disputes, tension—
no matter what we call it,
conflict is inevitable—
how we react is not.

With understanding and practice,
we can choose how we respond.



Arguments, disputes, tension—
no matter what we call it,
conflict is inevitable—
how we react is not.

With understanding and practice,
we can choose how we respond!

Negotiation & PROBLEM SOLVING

Negotiation is a primary life-skill. We negotiate every day, in the workplace, with family members and friends, in a multitude of community and social settings. Negotiations can easily turn into conflicts, especially when strong emotions are involved.

Through Conscious Communication you'll learn ways you can comfortably handle various situations that usually provoke irritation, anxiety and resentment.

We'll explore:

- getting what you want in ways you won't regret later
- giving and getting four critical pieces of information
- solving problems creatively

Conflict? ARRGRH!*#@*!

Conflict is uncomfortable. Small irritations become entrenched resentments, eroding communication and blocking problem solving. When a crisis develops, we don't have the skills to dig ourselves out. With effective tools, we can resolve our conflicts constructively and with confidence.

Conflict can benefit us..

Studies show that the benefits of conflict are higher productivity, positive interpersonal relationships, and social competence. When people do not fear conflict, it stimulates creative thinking and generates physical and psychological energy.

Conscious Communication will give you the tools you need to deal with conflict in a positive way.

"I used Conscious Communication with my daughter last night.... She's going to have a much better childhood than I did."

—Linda Lamonte, facilitator and mother

Resolving Conflicts ENHANCING RELATIONSHIPS

Conscious Communication skills will become your vital tools for daily living. You will learn to connect more effectively with family, friends, and co-workers and enhance your relationships by:

- giving and receiving appreciation
- nurturing yourself and others
- creating an atmosphere that promotes sharing, trust, and risk-taking

"I was impressed with the number of connections my staff and I made with the material presented and our own personal lives....

I got way more than I expected."

—Duncan Holmes, Executive Director,
The Canadian Institute of Cultural Affairs

Conscious Communication will improve every relationship. **Learn** to connect.