

Restorative Skills Coaching

Short course in dealing with workplace conflict



Most people will face a tricky work situation at some point. Conflict between colleagues is often at the centre of an issue. It can have large and long-lasting impacts on team morale, staff performance and individual health and wellbeing.

Restorative approaches to conflict can bring more positive and satisfying outcomes. They foster understanding and mutual respect. Relationships can be improved and future conflict reduced - enabling teams to work better together.

This training course has been developed by RJ Working to help people find positive approaches to conflict and build confidence to sort out difficult moments at work. The two half day sessions, draw on six specially commissioned short films by Cube Theatre.

These lively films focus on common scenarios in employment situations and provide an engaging starting point for group discussion.

Previous participants have reported feeling more able to deal with conflict and stress, more confident and better communication.

"Opened my eyes about myself and [I] listened to other people's views and opinions"

