



**Community  
Law & Mediation**

## Contact us

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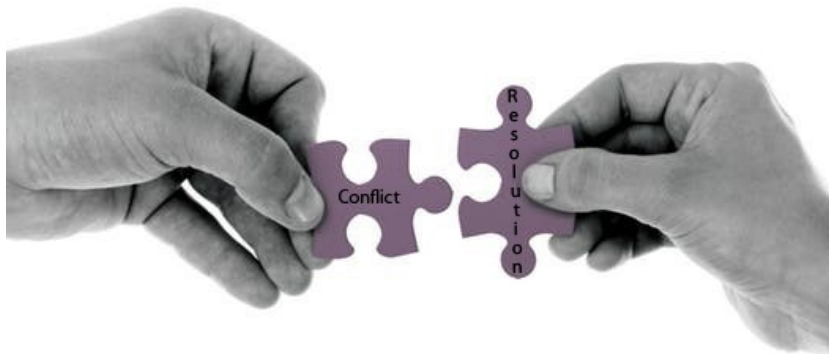
**CONFLICT COACHING**

**Do you find it difficult to say “No”?**

**Would you like to have more confidence when dealing with confrontation?**

**Do you find it difficult to say what you mean?**

**Do you need to have a difficult conversation with someone at home or at work?**



**If you have answered ‘Yes’ to any of the above then Conflict Coaching may be for you.**

## **What is Conflict Coaching?**

Conflict Coaching is a structured one-on-one process that helps an individual develop or enhance their skills, competencies and assertiveness to effectively engage in and manage interpersonal conflict or dispute. It seeks to find constructive ways forward without trying to 'change the other person' and is about the individual looking at their own responses to conflict and finding ways of changing these.

Conflict Coaching aims to enable and empower the individual to achieve self-responsibility so that they do not feel 'trapped' by their difficulties.

It is a voluntary, confidential process, which focuses on each individual's conflict management goals.

Conflict Coaching is not therapy or counselling. Instead, it encourages the individual to see things from a different perspective and gives them the tools they need to make necessary changes in their dealings with others.

If you would like to find out more about Conflict Coaching please contact us at 01 847 7804.

