

Wiser Conflict

Co-creating Positive Change

Wiser Conflict Course

As an educator and trainer who has primarily served customized trainings to groups and organizations for over 25 years, I know that the real learning begins when the training ends. Being expected to engage new skills in the real world and having a place to process and troubleshoot your results is key to making real change. The Wiser Conflict Course is a training series for individuals looking to advance their skills in a community of support to help put the learning to action. We've designed the series with a cohort-approach and best practices in adult learning strategies in mind to ensure you'll get a real return on this invest in yourself.

What You Can Expect from Us

This training was developed by two trainers with years of experience teaching, applying, and coaching individuals, teams and organizations conflict, communication, and collaboration skills. We are committed to providing a high-quality, virtual co-learning experience that will yield real results for our participants. In addition to our welcoming, engaging, and light-hearted training style, you can expect:

- Five live 2-hour training sessions
- One private coaching call
- One group coaching call
- Digital workbook and reusable tools
- A certificate of completion for 10 hours of training

What We Expect from You

We ask that you do your part to help us create a sense of community and support through this training experience. We're looking for a small group of people who have:

- Available to attend all 5 training dates and the group coaching call
- Committed to participate fully
- Motivated to put skills into action

Schedule

Next Cohort begins mid-January 2023 and will run for 5 consecutive weeks. Dates and time will be decided with the availability of the accepted cohort members in mind.

Pricing

Participation in the 10-hour Wiser Conflict Course, 1 private coaching call, and 1 group coaching call is \$975. Applications submitted before December 1, 2022 will receive early bird price of \$900. Groups of three or more can receive a discount of \$50 per person.

[How to Apply](#)

The application for the 2023 Cohort can be found at <https://tinyurl.com/applyWiserConflict>

To apply, please download, complete and email the application to Jessica

(Jessica@mappingchange.com). Once received and reviewed, we will email you the next steps.

The application deadline for the Winter 2023 Cohort is December 30, 2022.

If you still have questions, please schedule a free consultation with Marina via her [Calendly link](#) or [sign up](#) for one of the upcoming information sessions.

Wiser Conflict Application Preview

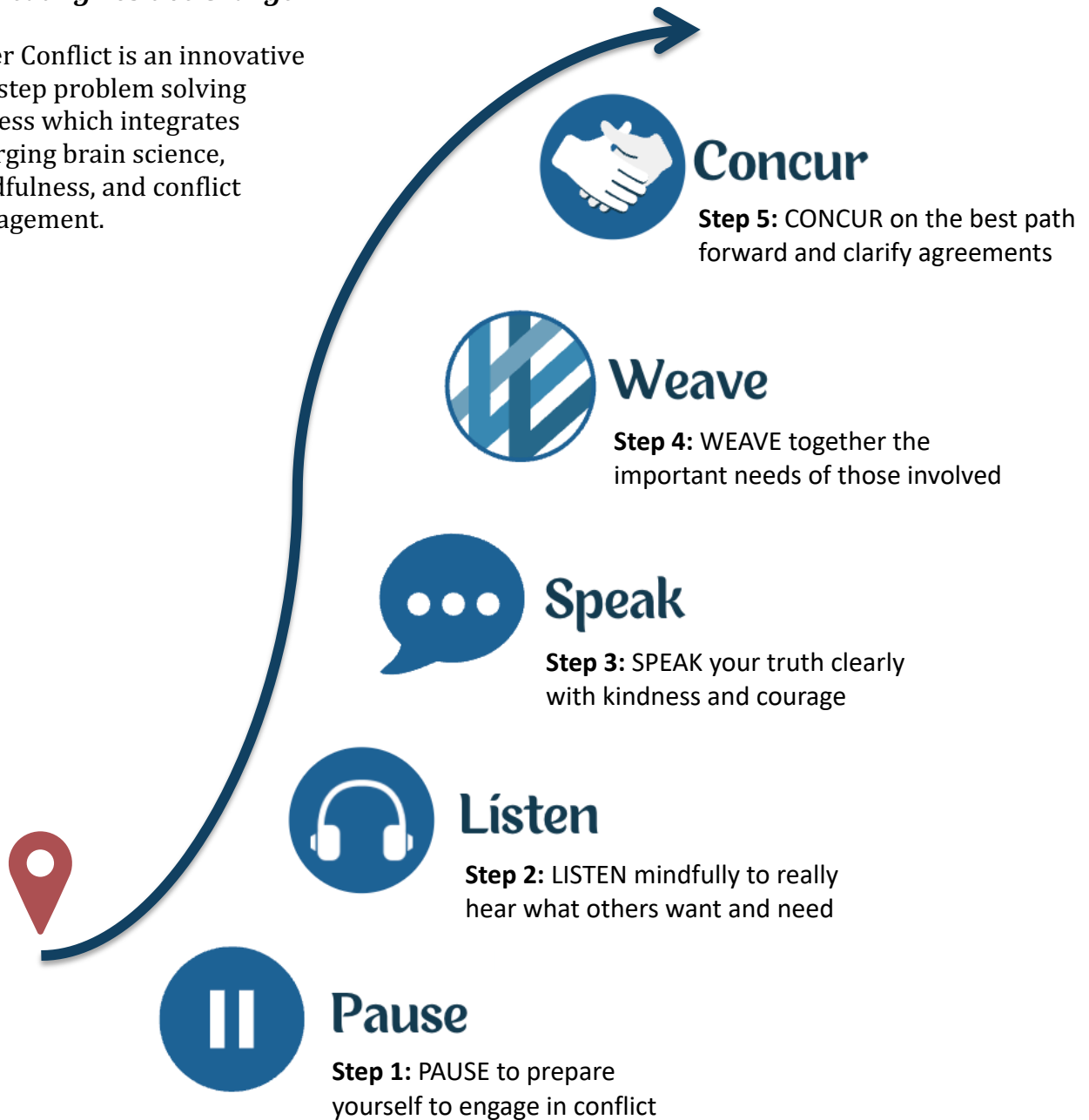
Name and email:
City, State:
Field/industry:
Confirm whether you have attended our monthly workshops: <ul style="list-style-type: none">• Say What You Need to Say: The Art of Clear Courageous Communication<ul style="list-style-type: none"><input type="checkbox"/> YES, date of workshop:<input type="checkbox"/> Not yet• A Matter of Style: Navigating Culture and Power in Conflict<ul style="list-style-type: none"><input type="checkbox"/> YES, date of workshop:<input type="checkbox"/> Not yet
Do you commit to attend the live sessions and participate fully? <ul style="list-style-type: none"><input type="checkbox"/> Yes, I'm in!<input type="checkbox"/> I may not be able to attend all sessions... (please explain)
Please briefly share what is motivating you to participate in the Wiser Conflict Course. What do you hope this training might do for your personal and/or professional life? (100-300 words)

Wiser Conflict™

Course Roadmap

Co-Creating Positive Change

Wiser Conflict is an innovative five-step problem solving process which integrates emerging brain science, mindfulness, and conflict management.



Course Content Overview

The Wiser Conflict course has five modules. Before committing to the course, we recommend attending the two pre-course workshops to gain a build a foundation of understanding.

Pre-Course Workshops I & II

Say What You Need to Say: The Art of Clear Courageous Communication

- Mindful preparation to manage emotion and prepare to engage

A Matter of Style: Navigating Culture and Power in Conflict

- Impact of biology, early upbringing, cultural norms, and power dynamics on our to handling of conflict

Module 1: PAUSE

Bring awareness of the unspoken thoughts and beliefs we all hold about conflict and how they impact our response to conflict situations when they occur. In this module you will explore:

- Perceptions and experiences of conflict
- The Belief Cycle
- Biological Response to Conflict
- The Science of Wiser Conflict
- Wiser Conflict Step 1: Pause

Module 2: LISTEN

Recognize the five styles of managing conflict with a focus on the collaborative style and introduce the crucial skill of full body listening. In this module you will explore:

- Five styles of conflict management
- When to use the Collaboration style
- Role of power in conflict
- Distinguishing Wants from Needs: Positions from Interests
- Wiser Conflict Step 2: Listen

Module 3: SPEAK

Understand the practical importance and power of speaking your truth with kindness, clarity, and courage. In this module you will explore:

- Managing emotion
- Wiser Conflict Step 3: *Speak*
- Telling your story through I-messages
- Testing the impact of a well-crafted I-message as part of preparing to engage

Module 4: WEAVE

Manage the complexity of diverse and opposing views. Negotiate agreement on the key interests, re-frame conflict as a problem to solve collaboratively and facilitate solution finding. In this module you will explore:

- Wiser Conflict Step 4: Weave
- The energetic dynamic of conflict and collaboration
- The power of good questions and deep listening to create mutual understanding
- Co-creating collaborative problem questions and generating creative solutions

Module 5: CONCUR

Collaboratively discern right action, negotiate clear agreements between parties in a conflict or in problem solving groups seeking consensus. In this module you will explore:

- Wiser Conflict Step 5: *Concur*
- Generate and evaluate solutions to a collaborative problem question
- Practice all five steps of Wiser Conflict
- Understand how Wiser Conflict facilitates Wiser Collaboration
- Apply Wiser Conflict skills to group decision-making and consensus-building