

FAMILY COACHING SESSIONS for CONFLICT RESOLUTION

REAL SOLUTIONS TO SHIFT FROM CONFLICT TO CONNECTION

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Whether your issues are around sibling rivalry, a challenging child, communication breakdowns, unmet expectations, un-checked anger or emotional and/or physical disputes between siblings- *unmanaged conflict is stressful for everyone in the family.*

A Restorative Conflict Model sees conflict through the lens of accountability for individuals and the system as a whole. It acknowledges the impact actions have on ourselves and others. And it highlights a pathway toward healing harm (instead of punitive punishments).

FAMILY COACHING SESSIONS uncover new insights and understanding through deep listening, increased awareness of the unmet needs that below conflict and compassionate steps to repair harm. You'll gain the skills needed to better understand and transform conflict in the moment. As well as strategies to build better communication and deeper connections. Sessions seek to:

BUILD AWARENESS AROUND FACTORS IMPACTING CONFLICTS

INTRODUCE FAMILY CONNECTION PRACTICES

INTRODUCE CONFLICT RESOLUTION TOOLS THAT WORK

LEARN HOW TO HEAL HARM. SHIFT FROM CONFLICT TO CONNECTION

Sessions run 60-90 Minutes with one or both parents. Full family sessions available once initial parent meeting has taken place. In-person or ZOOM sessions. \$300 Hourly Rate includes session and resource materials.

ABOUT THE PROCESS:

- **NORMALIZE CONFLICT:** Conflict is normal. Accepting this fact reduces judgement and speeds the process of resolving issues. It's particularly important to know how our brains process conflict when our Amygdala is triggered and we show up with Fight/Flight/Freeze and Fawn responses.
- **BUILD AWARENESS of FACTORS IMPACTING CONFLICT** to gain better understanding and (self) compassion. We discuss awareness around Healthy Boundaries, Feelings & Needs, Connection on-ramps and ways in which Autonomy & Belonging can collide in a family system.
- **FAMILY CONNECTION PRACTICES** are meant to help us reconnect and heal from harm. I will take you through practices and activities which support better communication, appreciation and healthy boundaries in your family system.
- **RESTORATIVE CONFLICT RESOLUTION TOOLS** help us manage conflict in the moment. Effective strategies such as Non-Violent Communication can transform how we interact in conflict. We will also explore other tools such as Empathic Listening, Holding a Dignity Consciousness, Emotional Fluency, Needs Literacy and Mindful Self-Compassion Breaks. When handled effectively, conflict resolution can lead to deeper understanding.
- **BUILD ACTION PLAN-** You'll leave with concrete steps to compassionately address conflict and build connection.

Please don't hesitate to reach out with questions, or if you're feeling stuck in a conflict and would like to schedule a session to help you (and your family) shift from conflict to a place of connection. Warmly, kk