

Building Sustainable Relationships and Resolving Conflict. Being Bitter about the Past or Building Better in the Future **(<https://www.activelink.ie/node/113200>)**

Free Zoom Webinar

Tuesday 21st January 7.00 – 8.30pm.

Mistakes. We all make them.

Problems. We've all had them.

Conflict. We've all been involved in it.

Blame. We've all done it.

Guilt. We've all suffered it.

Regrets. We've all got them and unlike Frank Sinatra sometimes they aren't too few to mention! (He probably was a bit of a narcissist singing My Way and curiously enough that is the song most often played at funerals!)

These emotions are all negative energy experiences and rather than free us from the past they lock us back into it in an entropy-based feedback system. The more one feels these emotions the worse it gets and the harder it is to escape them.

In such situations it is easy to feel bitter about things not going right.

But bitterness, anger and blame are not agents for learning, growth, and positive change away from conflict towards building better and more sustainable relationships out from such experiences.

In conflict the aim is to win against the other and to therefore undermine their position to enhance own's own becomes part of the strategy.

But undermining leads to things collapsing.

Bombs don't build bridges they destroy them.

And you can't build a better future with someone if you are trying to destroy their past or present.

So what are the building blocks of creating a better future out from the mistakes and conflicts of the past?

In this free online Zoom Webinar we shall be exploring some of these bricks of building back better and building forward brighter.

Such things as:

Empathy

Listening

Forgiveness

Learning

Reflective Practice

Restorative Practice

Kindness

Connection

Collaboration

And most important of all Vision.

If you can see a Vision of a better future, then you're more likely to help build it.

As it says in Field of Dreams – If you build it, it will come.

All in 90 minutes?

Well if everyone gets at least one brick then let the building begin.

All are welcome and hopefully it will be an interesting and revealing experience together with some light bulb moments along the way.

Facilitator: Tony Kearney

Tony grew up in New Zealand where he trained as a solicitor. He then worked as a solicitor in London for over 20 years

before moving to Ireland in 2006 to further his work around building sustainable relationships into the future. This includes planting a forest on the farm where he now lives and acting as a Mediator in workplace, community, schools, family, and commercial disputes. He also runs training and other events and is the author of five books.

**To register for this Webinar or find out more email Tony at: tony.kearney6@gmail.com
(<mailto:tony.kearney6@gmail.com>)**

Region

Online / Zoom

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