



FINDHORN
FOUNDATION



COURAGEOUS CONVERSATIONS

DEVELOP SKILLS TO HAVE HONEST AND MEANINGFUL CONVERSATIONS

FINDHORN FOUNDATION | MARCH 28TH & 29TH 2020

- Build your confidence to prepare for and engage in a courageous conversation
- Understand the principles for structuring a safe environment for dialogue
- Enhance your ability to actively listen and offer feedback

Delivered by



COURAGEOUS CONVERSATIONS

DEVELOP SKILLS TO HAVE HONEST AND MEANINGFUL CONVERSATIONS

Difference in opinion is a part of life. However, conflicting opinions and unknown end results can trigger situations many of us find difficult to manage.

When facing these situations you have three options; you can avoid them, you can face them and handle the discussion poorly, or you can face them and handle the discussion well.

How we show up and manage ourselves in these situations is key to building strong team relationships and resilient organisations.

On this programme you will explore key skills, tools and mind-sets to enable you to step up and handle these conversations in a positive way.

WHAT WILL YOU GET OUT OF THE PROGRAMME?



DEVELOP CONFIDENCE, KEY SKILLS AND MIND-SETS



GAIN INSIGHT OF YOUR OWN PREFERENCE WHEN FACED WITH A DIFFICULT CONVERSATION



APPLY YOUR LEARNING AND PRACTISE IN A SAFE SPACE



EXPLORE HOW TO THOUGHTFULLY PREPARE FOR A COURAGEOUS CONVERSATION

PROGRAMME DETAILS

DATES: Sat March 28 & Sun March 29, 2020

LOCATION: Findhorn Foundation

Overnight accommodation available if required

TIMINGS:

Sat Mar 28 begins with at 12.30pm, close 9pm

Sun Mar 29 begins at 10am, close 5pm.

COST: £195

WHO IS IT FOR?

This programme is designed for people leading change, who need to have difficult or courageous conversations with colleagues, partners, clients or other key stakeholders

Courage is contagious. Every time we choose courage we make everyone around us a little better and the world a little braver

Brené Brown

MORE INFORMATION

Lorna Jamieson | 01463 871219

lorna@socialenterprise.academy

[CLICK HERE TO BOOK](#)

The Social Enterprise Academy is an approved ILM Centre It is a company limited by guarantee registered in Scotland No. 272855 and Scottish Charity SC035936

SEAScotland SEAScotland www.socialenterprise.academy/Scot

FINDHORN
FOUNDATION