



Conflict Connexus

Courses

Course 2: The ABC Technique™

Course Overview	Benefits in participating
<p>The ABC Technique™ is as simple as A-B-C: Accept Balance Connect</p> <p>Learn to use this simple three-step process to guide you behaviour towards the resolution of a dispute when under stress or pressure.</p>	<ul style="list-style-type: none">• This course will teach a simple sure-fire way to handle conflict• Learn a repertoire of responses for conflict situations which allow you to act in a low stress way• Train the mind and body towards a unity of will and enable participants to maintain stability and poise in the midst of challenge, crisis and conflicts• Allow choice of action and individual responsiveness tailored to the situation.

Outline of what you will learn

Getting off the line of Resistance

- How to establish and maintain relationship connection under tension
- Manage emotional energy and emotional control
- Maintain stability and poise in the midst of a crisis

Using the 'Stress Reaction

- Stress Reaction of Fight, Flee, Freeze
- Understand the different states of Stable, Unstable and Adjustable
- Experience Flow and how to engage it

Learning the skills - Accept Balance Connect

- ACCEPT to establish and maintain relationship connection under tension
- BALANCE your emotional energy within and with theirs without
- CONNECT to follow their energetic direction. How to follow to control

Duration	More information
1 DAY	Visit the website: http://conflictconnexus.com/training/abc-technique

TRANSFORMING PEOPLE CONFLICT

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