



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"><li>• This course will teach a simple sure-fire way to handle conflict</li><li>• Learn a repertoire of responses for conflict situations which allow you to act in a low stress way</li><li>• 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</li><li>• Allow choice of action and individual responsiveness tailored to the situation.</li></ul>

### 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: <a href="http://www.conflictconnexus.com">www.conflictconnexus.com</a>

TRANSFORMING PEOPLE CONFLICT

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