

# 'Befriending Conflict'

## *The spirit of awareness in conflict facilitation*

Three day seminar with Anup Karia, Dipl. PW and Stanya Studentova, Dipl. PW, 15 – 17 September 2017 in Prague

Conflicts in relationships are part of life and unavoidable yet we usually fear them or don't know what to do, and they frequently cycle! We may find ourselves 'falling' into escalations more often than not - with our friends and families, partners, neighbours, bosses, employees, colleagues, the government, strangers on the bus, and/or we also are in conflict inside of ourselves. We also get swallowed up in the wider societal and world conflicts connected with our collective histories.

### In this 'hands on' workshop we will :

- become aware of and facilitate those points of sensitivity and volatility inside of us and see how these relate to conflicts in outer relationships and in the world.
- learn about "phases of conflicts", and practice using them to facilitate the conflict
- train our awareness and foster personal resilience and connect with our inner power and learn how to use it and live its richness.
- tap into the potential that lies beyond conflicts, looking for the creativity and growth in understanding of ourselves and the relationships around us.

The workshop is based on 'Worldwork' developed by Arnold Mindell and colleagues, the application of Processwork to understanding collective processes, and to working with dynamics of communication and conflict resolution. This is an experiential workshop, with inner reflections, dyad work, and small and large group work.

**Who attends?** This seminar is for you whether for your personal growth and interest and/or professional and creative development. Bring your conflicts and your interest along!

### Anup Karia, Dipl. PW & Mgr. Stanya Studentova, Dipl. PW



Both of us – Anup Karia and Stanya Studentova are experienced facilitators in the field of conflict resolution and have been exploring and working with conflicts of our own and with those of others – individuals, teams and organisations in Europe (especially Czech Republic & UK ) and the wider world for many years, and look forward to share from the rich well of our experience.



**Venue:** Prague

**When:** Friday, 15 September, 4 p.m. – 8 p.m., Saturday, 16 September, 9:30 a.m. – 5 p.m., Sunday, 17 September, 9:30 a.m. – 4 p.m.

**Fee:**

3 400 CZK registration and payment by 15 July 2017  
3 700 CZK registration and payment by 15 August 2017  
3 900 CZK registration and payment by 15 September 2017

We offer limited count of donated spots for students, mothers/ fathers on maternity leave and seniors. For more information, contact us on: [kurzy@processwork.cz](mailto:kurzy@processwork.cz)

**Language:** English with translation into Czech

**Accommodation:** If you would like assistance to find a place to stay, please get in touch: [kurzy@processwork.cz](mailto:kurzy@processwork.cz)

**Contact person:** Anna Audrlická, +420 776 688 922