



*Conflict Solutions Center-Community Mediation  
is offering*

## **Compassionate & Cooperative Communication Skills**

Each of us hold responsibility for building a community grounded in understanding, compassion and cooperation. Interpersonal dialog skills are vital to the way we connect with others. Communication is the bedrock of all human relationships. Compassionate and Cooperative interaction is essential for survival in today's fast-paced, complex world.

### *IN THIS 1-DAY COURSE YOU WILL LEARN*

- *to recognize how personal interpretations can serve to create misunderstandings and conflict*
  - *to improve cooperation by listening with empathy and speaking so others can really hear you*
- *how to transform conflict into mutually beneficial solutions rather than compromise*

**Saturday, February 4, 9:30—4:30**

**705 So. McClelland St. in Santa Maria**

**OR**

**Saturday, February 18, 9:30— 4:30**

**1528 Chapala, Santa Barbara—3rd Floor conference room**

Early bird Registration fee before January 14 & student rate: \$70

After January 15: \$85

Register on-line at: <http://www.cscsb.org>

Ask about how your registration fee can be used toward your enrollment in our 40-hour Conflict Resolution and Mediation Skills course.

Call Sherrill at 805/963-6765 or Tony at 349-8943

