

DAVE MACQUARRIE, MD PHD PRESENTS

i never signed up for this !

April 4 9:30am-5:30pm

April 5 9:30am-2:00pm

The vast majority of us do not like to be in conflict, yet conflict is an unavoidable part of being in relationships. The basic problem of conflict is that most of us struggle with the skills of self awareness and emotional management, which limits our ability to improve relationships and obtain better outcomes.

Learning the skills of cooperative conflict versus non-cooperative conflict is crucial in all relationships as conflict is unavoidable. Integrating these concepts and skills can break patterns that keep you stuck. The most intense relationship issues evoke anger, hurt, loss, blame (with self and other) and fearfulness, which can often fuel more disconnection and grief. When well managed, our life experiences and struggles can be freeing.

Dave MacQuarrie teaches the necessary skills of how to manage the emotionally intense difficulties of life's happenings. A retired physician and therapist, he has worked with more than 4,000 people. His workshops have changed lives in major ways as a result. A few simple skills, make all the difference.

details

Students and seniors \$250

Adults \$300

Couples \$500

\$50 deposit required to hold spot

Continental breakfast, lunch and snacks provided

Fees may be covered under extended
health care plans

Location: Barrie Address: TBD

SLIDING SCALE AVAILABLE

To register please contact
info@reflectioncentre.com
705-792-1313