

Unpacking The Problem Of Conflict

March 6 - 7

Friday: 6 pm - 10 pm

Saturday: 9 am - 6 pm

(Coffee service and lunch provided)

Conflict — difference that stresses a relationship, any relationship, personal or professional. Anger and rage are the emotions that usually display the stress; others feel overwhelmed and burn out.

The vast majority of people do not like to be in conflict, yet conflict is an unavoidable part of living. The basic problem of conflict is that most of us make it worse than what it could be — an opportunity to improve relationships and get better outcomes.

Dave MacQuarrie has 25 years of experience teaching emotional management. This workshop will unpack the complexity of conflict and suggest powerful tools for resolution. We will explore the issues both of cooperative conflict, and those of non-cooperative conflict.

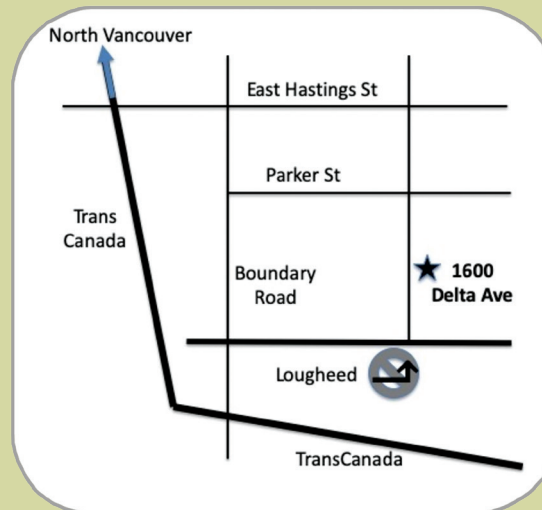
Find out how to manage your inter-personal difficulties, at home, at work.

What you will gain:

- skills and concepts that will change your life
- what to do when feeling overwhelmed
- how to manage your internal and external conflicts

Through the generosity of Brentwood Presbyterian Church, the workshops are held at

**1600 Delta Ave, Burnaby
V5B 3G2**



Managing Emotional Life Issues

Two workshops with
Dave MacQuarrie MD PhD

Unpacking the Problem of Conflict

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**I Never Signed Up
For This!
April 17 - 18**

Each workshop:

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Has anyone ever taught you how to manage the emotionally intense difficulties of living?

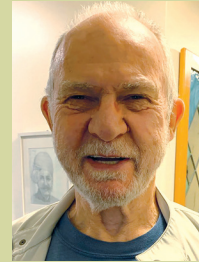
If they have, you are exceptional. The most intense issues are those with anger or rage, yet we also struggle with despair, fearfulness, grief, and many others. Well managed, the experiences can be cleansing; sometimes they can be dangerous. Mixed with issues of power, emotions fuel family violation as well as other problems.

The resolving of authentic emotions, the sensing and living of our own truths, is one of the most satisfying and cleansing aspects of life, be it authentic rage, sadness or joy. A retired therapist, Dave MacQuarrie has worked with more than 4,000 people. His workshops have changed lives in major ways as a result. A few simple concepts, a few simple skills, can make all the difference.

Come and find out!

Who is Dave MacQuarrie?

Dave is a retired physician-psychotherapist with 25-years-experience in the management of emotional issues. His work comes from his own life experience, his own struggles to find peace and joy. More than 4000 people have benefited from his work, especially gaining release from how anger and other emotions controlled their lives.



When he retired in 2009, he undertook his PhD, studying the limitations that blocked individuals from authenticity. Simultaneously he came to believe that these same limitations underlie our hubris as a species, and have resulted in our current pathway to global warming.

Dave is generally known for his honest answers, and does not hide behind a professional masque. He strongly believes that authenticity and personal growth are the fundamental keys to successful living, and that the skills for doing so are learnable.

He is the father of three adult children. Retired, he now lives in West Vancouver with his wife, and functions as a personal coach.

Fees:

Each workshop: \$300

Both workshops: \$500

(Sliding scale available — talk to Dave)
dave.macq@icloud.com

Deposit: \$50 per workshop, non-refundable
InterAc preferred, credit/debit card available

Coffee service and Saturday lunch are provided.
(no accommodation available for special diets)

Resources:

Dave's Website

A Place Two Be
aplacetwobe.ca

Dave's Blog

The Human Side Of Global Warming
thehumansideofglobalwarming.com

Dave's Books

Blowing Out The Darkness:
The Management Of Emotional Life Issues,
Especially Anger and Rage

Acedia, The Darkness Within
(and the darkness of Climate Change)