



Navigating Relationships

What is Navigating Relationships?

Conflict is an essential part of life and relationships. Without conflict there is no transformation taking place in our lives. Learning to recognise the gifts available to us through resolving conflict in our relationships and within our lives in general will assist us in moving towards our fullest expression of our potential. The Hero's Journey provides a model for personal transformation and that allows conflict to be seen as life affirming.

Who is it for?

Learners who avoid conflict or find conflict draining will benefit from the content in this module. The module provides a framework for how to communicate more effectively with conflict arises and how to reframe conflict in our lives as something worthy of our attention.

What does it offer?

This module teaches us that conflict is really just life showing us an opportunity to transform our thoughts, our beliefs or our patterns of behaviour. When we are challenged by individuals or life circumstances there may be a wonderful invitation waiting for us that will move us into a deeper level of experiencing our lives.

How do we sign up?

Contact us at madebetterhuman.com.au

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