



“Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict”

CINERGY™ Conflict Management Coaching Workshop

Coaches help clients enhance their conflict management skills, find better ways of dealing with conflict situations and improve their communications when in difficult circumstances. This 4-day intensive workshop will enable participants to begin coaching clients immediately on a one-to-one basis. It is suitable for working with managers, employees, people coping with difficulties situations and for people who want to enhance their conflict management and communication capacities. You will:

- Learn about and be able to coach people using the 7 stage CINERGY™ process
- Understand conflict dynamics, coaching principles, and essential coaching skills
- Learn about and be able to use powerful questions that transform viewpoints
- Receive one on one mentoring while you are coaching
- Get coached on your own hot buttons and managing difficult situations/people

Participants on the CINERGY™ Conflict Management Coaching workshop are often Coaches, Mediators, H.R. Consultants, Senior and Line Managers and Therapists. Persons may attend coaching to learn how to have difficult conversations, to be more assertive, to be able to attend mediation and staying on message. The course includes a large volume of highly mentored skills practice to give participants the best possible learning experience.

Dates: Tuesdays and Thursdays 12th, 14th, 19th and 21st August 2025

Times: 9.30am to 5.00pm.

Cost: €1,395.00

Trainers Catherine O’Connell

Contact: Catherine at 0879936237 or Catherine@blossomdevelopment.com

Booking: Early booking is advisable as course capacity is limited



BOOKING FORM CINERGY™ CONFLICT MANAGEMENT COACHING WORKSHOP

Name _____

Address _____

Email Address _____

Telephone Number _____

Special diet requirements _____

Accessibility _____

Allergies _____

This course is limited to 6 participants. Please ensure that a place is available before making your payment by contacting Catherine at 0879936237 or via catherine@blossomdevelopment.com. Upon confirmation, please make payment within three days to ensure your place

Payment please via online banking to Blossom Development, Bank of Ireland, Phibsboro; Account 82126431; sort code 90 06 23.

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I give my permission to be contacted for the purpose of being able to participate in the programme and receive information and material in relation to the same. I give permission for my email address to be shared with other participants on the course.

Signature _____