

Conflict Resolution Tools for Couples

“Simply having an agreement about *how* to argue is key to marital survival.”

–Daniel Goleman, Author of *Emotional Intelligence*



Creative Living Fellowship Church
6530 N. 7th St. Phoenix, AZ 85014

Sunday, March 21st, 2010

1:00 to 4:00pm

Early registration discounts available
\$15 person \$25 couple

Call 602-906-4080 to purchase your discounted tickets today!
or, pay at the door: \$25 person \$35 couple

Topics:

-Understanding the 2 Main Types of Conflicts

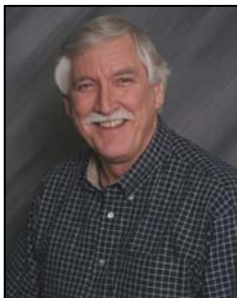
- Type A -Philosophical
- Type B -Behavioral

-Resolving **Type A** Conflicts Instantly

- Using the Standard Tool
- Developing Your Own Personal Tool

-Resolving **Type B** Conflicts Sooner (With New Tools)

- Peaceful Arguing
- Dealing with Anger



Instructor: Mike Speakman, LISAC, is a Life Coach and Licensed Substance Abuse Counselor who specializes in Conflict Resolution & Anger Education. Mike developed the first Conflict Resolution/Anger Management Training Program for the Salvation Army Adult Rehabilitation Center in Phoenix, in 1991. Since then, he's developed and taught workshops for counselors in both public and private agencies, the general public, and high-school and college students.

In 2002, Mike published the *Healthy Expressions of Anger Workbook for Couples*, a self-study workbook he also uses in coaching sessions with couples. His workbook is now available for purchase to the public and other professionals as well. You can find more information at: www.mikespeakman.com.