

# GROWING YOUR COMMUNICATION AND CONFLICT RESILIENCY CAPACITY

*An online course for church teams*

*"Conflict is inevitable. Combat is optional." Max Lucado*



People and churches often face challenges in their ways of communicating and resolving conflict. It can either reinforce unhelpful habits or it can move towards new insights and abilities in resiliency.

In partnership with the Center for Progressive Renewal, this **10** Module Online Program will provide insights and skills for individuals and churches.

## The 10 Module Online Program

This program is designed for, and most effective with, a church team of a pastor and 2-3 lay leaders.

Each module takes about 3 hours to complete.

The cohort of churches will work through these modules together Spring and Summer.

After every 3<sup>rd</sup> or 4<sup>th</sup> module, we will have a group Zoom meeting to compare insights, experiences and applications.

Each church will be provided with a one hour online coaching session with Rev. Clair Bamberg.

### The Benefits

Insights from both recent and time tested research and theory along with practical experience with churches and life.

Approaches and skills for sacred sharing and listening that create synergy.

Ways to help you and your church limit unhelpful behaviors (from bullying to parking lot conversations).

### The Topics

Conflict is healthy

Roots of conflict

Keys to healthy conflict,

Healthy Communication

Non-Violence as an approach to church conflict

Dealing with challenging people

Decisions and differences

Healthy lay-pastor relationships

Staying sane during conflict

Building healthy processes for your congregations future.



**Rev. Claire Bamberg** is director of coaching for the Center for Progressive Renewal. In addition to serving as a local church pastor, Claire has provided conflict mediation and communication skills in therapeutic work as well as corporate and church worlds.



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## Registration information

### Cost:

Team of 3 (pastor +2): \$250

### Advanced Payment Required

Register: [www.macucc.org/growingyourconflictresiliency](http://www.macucc.org/growingyourconflictresiliency)

Questions regarding the program, please contact **Don Remick**—[remickd@macucc.org](mailto:remickd@macucc.org).

Registration questions, please contact **Andrea Bellarosa**—[bellarosaa@macucc.org](mailto:bellarosaa@macucc.org).