



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



ASSERTIVE COMMUNICATION & CONFLICT RESOLUTION

EAP Workshop

Facilitated by MITCH BOURBONNIERE

In this workshop, participants will learn about healthy and unhealthy communication styles: verbal, non-verbal and para-verbal aspects of communication; and conflict resolution.

The participants will learn how to request a change in behavior from another party using assertive techniques. When change is not forthcoming, participants will learn coping, protective and self-care techniques.

This workshop should be useful for professional and personal interactions, in or out of the workplace.

The related topic of workplace bullying may be covered in this workshop.

LOCATION: Middlechurch Home of Winnipeg
280 Balderstone Road

DATE: Monday, February 10, 2020

TIME: 2:00 TO 3:00 pm.

**Opened to
all staff**

To register contact:

**Employee Assistance Centre
204-786-8880**