

Circles of Resilience™

The Healing Power of Conflict

Facilitated by - **Lori Austein & Leon Berg**

*'Out beyond ideas of right-doing and wrong-doing, there is a field..
I'll meet you there' ~ Rumi*

Zoom

Dates and time:

4 Sundays: April 11, 18, 25 & iMay 2

11.00 am-12.30pm Pacific Time

Cost: Sliding Scale \$125-\$250

For registration & information contact:
circlesofresilience@gmail.com



Is it challenging to have conversations with the important people in your life?

Conflict is an inescapable part of our lives. Without conflict there would be no change or growth. Circles of Resilience practices embody both ancient and modern wisdom about how to keep human relationships alive, open, and constructive, especially when conflicts arise. How we deal with it, or not, impacts the quality of our lives.

- Use grounding practices to enhance resilience and prepare for challenging conversations.
- Transform conflict into empathy.
- Be with the discomfort of emotions while still opening with heartfelt presence to the other.

In this course we learn ways to approach conflict while staying connected.



Leon Berg is a founding member of the Ojai Foundation (www.ojaifoundation.org), an educational sanctuary in Southern California. He is a Senior Trainer of the Way of Council, and has been facilitating Council groups in the U.S. and abroad for over 25 years. Together with his partner, Glori Zeltzer, he teaches the *Art of Intimate Conversation* to couples (www.tools-for-togetherness.com).



Lori Austein is a Trainer in the Way of Council, and has been facilitating Council groups in the U.S. and Canada for over 20 years. She was a co-coordinator of the Palms Council Project, a school based council program before moving to B.C. Since then she has served on circles to advance the practice of Council and currently is co-director with Leon Berg of *Circles of Resilience*.