The Montpelier Community Justice Center presents

A Free Workshop Series

Those Difficult Conversations

HOW TO TALK ABOUT WHAT MATTERS MOST WITH LESS STRESS AND MORE SUCCESS

Difficult Conversations: The Basics
Jan 31
Presented by Kathleen Moore & Ginny Sassaman

Whether trying to manage a delicate situation at work, talk to family members about a loved one’s needs, navigate a disagreement with a neighbor, or voice opposition regarding municipal affairs, many of us tend to avoid or stumble through these “difficult conversations.” This workshop series, based on the book Difficult Conversations by Douglas Stone, Bruce Patton, and Sheila Heen, offers tips and a chance to practice bringing up the hard stuff with less stress and more success.

Difficult Conversations: With Neighbors
Feb 21
Presented by Brooke Hadwen

How do you talk to your neighbors about the fumes that come in your window when they leave their car running? The dog that barks each time you sit in your yard? Or the ball that keeps coming over the fence onto your garden? Learn ways to give information, ask for what you need, and negotiate differing expectations.

Difficult Conversations: Community Issues
Mar 21
Presented by Mary Hooper & Yvonne Byrd

Why did they do that?? How do I have a voice in local government? Civic leaders want and need to hear from citizens to guide their decisions. Learn ways to express yourself so that you will be heard.

Difficult Conversations: End of Life Issues
Apr 11
Presented by Alice Estey

Extraordinary measures or palliative care? Nursing home or a leave of absence to provide home care? What about the estate? Conflict is almost inevitable when family members with varying perspectives struggle over what is right. Learn how to understand and talk about the tough stuff in ways that help ensure that family and friendship ties are not broken or damaged during one of the most painful and meaningful of human experiences.

Difficult Conversations for Teenagers: Talking to Adults
Apr 25
Presented by Amy Beth Kessinger

Have you wanted a clear description of your job and responsibilities, but been afraid to ask? Do you need to ask a fellow worker to keep his clutter off the copier or not wear that perfume that aggravates your allergies? This workshop will help you develop the practice of asking for what you need in a quiet, confident way.

Difficult Conversations: In the Workplace
May 2
Presented by Rebekah Cook & Kristin Prior

Pre-registration is required for each workshop — call Karen at 223-9606 or email klblazer@montpelier-vt.org

Co-sponsors:
Vermont State Employees’ Association
Kellogg Hubbard Library
Woodbury College

All workshops are held at Kellogg Hubbard Library, Montpelier • 6:30 – 8:30 pm
Participants will receive a free copy of the book Difficult Conversations (while supplies last)