### **COMMONGROUND**

### Mediation and Dispute Resolution Services

### COACHING, TRAINING AND MEDIATION SERVICES

# **Conflict Coaching**

#### EXAMINE STRATEGIES TO MANAGE CONFLICT IN YOUR LIFE.

Conflict coaching is used to address a conflict you are dealing with. Your conflict coach can help bring clarity to your situation, examine all sides, problem-solve, and help prepare you to approach and resolve the conflict. Conflcit Coaching can be used as a stand-alone process, or in tandem with mediation.

## Call Common Ground to make an appointment!

Voice/text: 518.943.0523 E: info@commongroundinc.org

Fees are based on a sliding scale.



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