

Navigating Conflict in Harmony with Your Spiritual Values

Do you ever find yourself replaying a difficult conversation over and over in your head as you think of things you wish you had said? Imagine actually being comfortable in a difficult conversation and then satisfied later as you remember the situation because you were in alignment with your spiritual values; no need for regret or replaying the conversation over and over. PRICELESS!

In this workshop, you will:

- Develop skills to navigate difficult conversations in alignment with your spiritual values.
- Have a map that will enable you to transform and dissolve resentments.
- Learn how to expand your capacity for returning to presence in the midst of conflict.
- Gain greater clarity of your values of relating and communicating with others.



Led by **Rev. Lori Woodley**, Minister of Peace Matters, www.peacematters.com

Requested Love Offering: \$45 - \$75 (no one turned away for the inability to pay)



For more information or to register call Lori at 561-251-4565, email lori@peacematters.com or visit www.peacematters.com. You can also register by calling the church office at 816-252-4242. Registration is not necessary, although helpful for our preparation. We look forward to learning with you.

Friday, March 30 6:30pm–9pm
& Saturday, March 31 10am–5pm
Unity of Independence, 14304 E. 39th St.,
Independence, MO 64055