



# SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

## WORKSHOP

EFFECTIVE CONFLICT RESOLUTION:  
SKILLS FOR A HARMONIOUS HOME

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Founder / Managing Director

[www.soothing-hearts.com](http://www.soothing-hearts.com)



## Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.

OUR SERVICES



# Effective Conflict Resolution: Skills for a Harmonious Home

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## Soothing hearts workshop

**Overview:** This interactive workshop is designed for parents, caregivers, and educators who wish to build their skills in conflict resolution. Participants will gain an understanding of the nature of conflict and learn effective strategies for resolving disputes, reducing tension, and promoting peaceful interactions.

**Objectives:** Participants will:

1. Understand the nature and root causes of conflict.
2. Learn effective strategies for resolving disputes and reducing tension.
3. Develop skills to promote peaceful interactions and a harmonious environment.

**Structure:**

- Session 1: Unpacking Conflict: Understanding the nature, root causes, and types of conflict.
- Session 2: Effective Communication: Learning how to express feelings and needs effectively during conflicts.
- Session 3: Conflict Resolution Strategies: Practical strategies for resolving disputes and reducing tension.
- Session 4: Fostering Peaceful Interactions: Techniques to promote peaceful interactions and a harmonious environment.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

**Deliverables:** Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for effective conflict resolution.
3. Access to an online forum for continued support and knowledge sharing.

**Duration:** 5 hours (divided over multiple days)

**Audience:** Parents, Caregivers, Educators, and anyone interested in mastering conflict resolution skills.



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*"Every child carries a unique world within them. At Soothing Hearts, we strive to understand that world, to guide them through their emotional journey."*

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ABOUT

## IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.





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*"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman*

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# CONTACT US

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