

Tips for Thoughtful Holiday Conversations:

During the holiday season we often come together with family and friends to celebrate, share stories and reconnect.

While for many this can be a wonderful time of the year, it can also bring up discord, loss and sadness.

Conversations around charged topics can be tricky to navigate with family and friends – especially when we don't see eye to eye.

The Conflict Resolution Center is here to help!

We at CRC want to share some tips that could encourage genuine dialogue and understanding despite differences.

Here are Six Tips for Thoughtful Holiday Conversations: *

1. Be an active listener
2. Keep an open mind
3. Be curious
4. Discuss stories rather than debating facts
5. Look for common ground
6. Try to end on a positive note

For additional support, CRC is offering a special workshop:

Managing Difficult Conversations: Holiday Edition

December 14, 2016 from 6:00 - 8:00 PM

Call 831-475-6117 for more information

Email: info@crsantacruz.org

Web: www.crsantacruz.org

Facebook: <https://www.facebook.com/ConflictResolutionCenterofSantaCruzCounty/>

* Recommended by National Coalition for Dialogue & Deliberation