

HOLD ON TO YOURSELF: **Tools to Care For Yourself in Conflict and Stress**

Workshop Description:

Stress and conflict are at epidemic levels. They are also intertwined, one feeding the other in an indistinguishable cycle. This workshop is intended to help you break the cycle and deal with those times when you lose hold of yourself. A better understanding of what happens in stress and conflict is combined with tools to help with self-regulation to re-connect to yourself. Changing your state changes your traits and positively impacts you, your team, organization and world.

In this workshop, you will learn:

- How to strengthen yourself for resilience in stress and conflict
- The key beliefs that keep you stuck in conflict and stress and which ones strengthen your connection to yourself
- What are brain states and which ones to be aware of
- How to use mindfulness to identify brain states for self-regulation
- Which tool to use to self-regulate and create joy, depending on your brain state
- The importance of repair in restoring relationships

OUTLINE

1.5 hours – Getting to know who and what you are holding on to

- Chapter 1 – The 4 beliefs about conflict that keep you stuck in it
- Chapter 2 – The 3 brain states, each one requiring different self-regulation tools
- Chapter 3 – Cover the implications on conflict for how we disconnect in stress (p. 24, 25)
- Chapter 4 & 5 – Get familiar with mindfulness practices as a way to identify brain states

1.5 hours – Holding on to Yourself – Getting Curious

- Chapter 6 & 7 – Learn tools to help you be curious about self in stress: Schema reframes
- Chapter 7 - Curious about the other – Giraffe ears tool/practice
- Chapter 7 – Self-regulate & conflict - Body – Heartmath tool
- Chapter 7 – Self-regulate & conflict - Spirit - Ho’oponopono tool

1.5 hours – Bringing Yourself Back Again

- Chapter 8 – When you “Lose” it
- Chapter 9 – Repair work
- Chapter 10 – Where to strengthen your resiliency as it relates to stress and conflict
- Reference Chapter 3: vagal brake practices, merging/distancing to self-differentiation

Supplies Required: A copy of the book Hold On To Yourself is required for each participant.

Presenter: Julia Menard, M.Ed., P.C.C., Cert.Con.Res.

Julia is a credentialed professional coach, mediator, podcaster, TEDx speaker, educator and author. For 30 years, Julia has specialized in helping people find their way through conflict in productive, collaborative and heartfelt ways.

Most recently, Julia's co-founded the [On Conflict Leadership Institute](#) dedicated to developing conflict competency in leaders to engage conflict well. Julia's co-written the book [Hold On To Yourself: How to Stay Cool in Hot Conversations](#) to help leaders strengthen their resilience in the face of stress and conflict. Her collaborator, Judy Zehr, is a therapist and specialist in neuroscience, mindfulness and Emotional Brain Training (EBT). Julia drew on her background as a conflict resolver, long-time meditator, aerobics instructor, mindfulness-based qi gong practitioner and Reiki Master. In the book, they share practical tools and skills to bring balance back in everyday stressful work environments. Julia brings the book to life in this interactive workshop. Julia blogs regularly at [JuliaMenard.com](#). For fun, she plays the electric bass and aspires to play the upright one day.

- Check out Julia's podcast at: [www.onconflictpodcast.com](#)
- Check out her [TEDx talk](#)
- Check out the [On Conflict Leadership Institute](#)
- Stay in touch – sign up for [Julia's free newsletter](#) on Health, the Environment and Negotiation.

What Others Have Said About:

Hold On To Yourself - the workshop

From The University of Victoria Human Resources department, October, 2021

“What did you like most about this session course?”

- “This course covered more than I was expecting- lots of helpful tools!”
- “I really enjoyed that we had a book that we read before each session as it really helped with my learning and is something I will refer back to.”
- “Content, book, Julia's passion, enthusiasm, experience and knowledge!”
- “So many insights gained. Many useful tools for going forward.”
- “Julia's engagement and depth of knowledge. It also seemed to be a very 'sharing' group - perhaps Julia can take credit for that as well.”
- “Julia is such a great presenter, instructor, and mentor. I have really enjoyed her sessions.”
- “Brought all the concepts together on why we practice self-care and how that affects our day to day life !!!! Brilliant course!”

Email Julia for more information at julia@juliamenard.com.