



BASIC CONFLICT MANAGEMENT TRAINING

PMAST is a vibrant and responsive anti-bullying solution provider in schools and the community. We build core skills to create respectfully engaged citizens.

Every hour, the cycle of bullying continues in our community.

Basic Conflict Management Training helps men and women understand the roots of conflict while teaching the practical skills to deal successfully with conflict when it arises.

Participants in Basic Conflict Management Training learn to:

- Understand the nature of conflict and causes of dispute
- Explore their own needs and understand the needs of others
- Listen actively, separating the person from the problem
- Identify and understand the characteristics of key conflict styles
- Develop communication skills through interactive participation

PMAST helps people respect themselves and each other through proven, effective workshops in schools and in the community.

Together, we must put a stop to bullying.
Find out how we can help you today.

*“I have a better understanding
of how to communicate my needs
and to listen to understand the
needs of others.”*

Vercova
Participant (2011)

