

# THE ART OF HAVING A DIFFICULT CONVERSATION

## Turning the Uncomfortable into the Comfortable



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Saturday, September 19th, 2015, 1-5PM  
Seavista, Chamcook, NB

**Jay Remer and his sister Elizabeth Kipp** join forces to share with you, through their life experiences, how to enter into and come out unscathed from even the most difficult of conversational situations. Please join them for a workshop on how to bring conversations of all kinds into your comfort zone.

- Do you struggle with having compassion for yourself?
- Do you feel either superior or inferior to others?
- Do you have a clear idea of how you affect people around you, and how they affect you?
- Do you interfere where you are not wanted or needed?
- Do you blame other people or situations for your discomfort?
- Do you find yourself assuming things and taking things for granted?
- Do you feel overwhelmed from time to time?

Confronting these challenges help you to focus on how to engage in healthy, positive forms of communication.

No matter who a conversation is with, conversations sometimes bring up negative feelings. The Six Pillars of Civility, as developed by Jay, help you shift this dynamic, allowing you to maneuver gracefully and confidently through life's peaks and valleys free of judgment.

- How does a person develop the sense of connectedness with loved ones?
- What can you do to feel comfortable at work, and create good relationships with co-workers?
- How do you turn, face and resolve a dispute with a friend or family member that has driven a wedge between the two of you?

Elizabeth's step-by-step process safely guides you through the steps to resolve conflict and turn uncomfortable conversations into comfortable ones. This method has proven to deepen the understanding between two parties. By using these principles, conversations are structured so that both parties 'win'. Learning about and practicing these methods allows a person to understand how healing and productive relationships are possible.



Incredible ocean view setting overlooking historic Ministers Island

Jay and Elizabeth will offer two different but complementary processes in "The Art of Having a Difficult Conversation". They will demonstrate how these principles play out in an actual conversation. In addition they will provide conversational exercises to practice during the workshop. This session is designed for in-depth interactions with all attendees.

Please bring with you an example of an uncomfortable conversation you are having or want to (or feel you need to) have with someone in your life. This workshop is designed to help you move forward with this conversation in a generative and successful way.

**This workshop is offered at a cost of \$100 per person including refreshments.**

**To reserve your space and for directions to Seavista please email Jay at [jay@etiquetteguy.com](mailto:jay@etiquetteguy.com).**