



## Respectful Confrontation® Training for Individuals

Programs:     Respectful Confrontation® for Communication  
                  Respectful Confrontation® for Resilience  
                  Custom program based on community needs

Length:        1.5 – 3 days

Cost:          Contact Us

Respectful Confrontation® is a next-gen communication method and program that engenders powerful and resilient communication success for community leaders, activists, humanitarians, social workers, and everyday people who on the front lines of change at the personal, civic, or global levels.

In the twelve years since Joe Weston founded his skill-building program for conflict prevention and resolution, he has gained a prominent, international clientele of repeat clients that include NASA, Oxfam and the World Bank.

Respectful Confrontation® offers easy-to-apply tools to communicate more effectively, prevent and resolve conflict, and enhance negotiation and management skills. The training is set apart by also teaching the foundational principles of navigating difficult conversations, stress and challenging situations. It is shaped by extensive research on neuroscience and leadership theory.

Many trainings offer guidelines on how to approach tough conversations or difficult people using conflict resolution theory and specific language. Applying these can be difficult, however, when the stress is high or when confronting a bully. **Without added skills to regulate the nervous system, many people become reactive, give up or simply avoid what needs to be discussed.**

Other programs do focus on teaching coping mechanisms that affect the nervous system, such as meditation, but in ways that lacks integration with real life applications. **Even after years of practice, people may still feel dissatisfied and disempowered, unprepared to enact needed changes.**

Workshops are now offered in two distinct but highly-related tracks: **Respectful Confrontation® Communication** and **Respectful Confrontation® Resilience**. The Communication workshop



helps individuals tackle difficult conversations that are necessary for strong communities and organizations. This interactive approach offers ways to cultivate a deeper sense of inner balance, grounding and focus while developing a confident, dexterous use of assertiveness and flexibility to ensure that challenges are confronted in a way that leads to mutual empowerment, new solutions to old problems and in a way that reduces the risk of you or others getting harmed. This leads to deepening of trust and new possibilities of collaboration.

The Resilience workshop offers body-based skill building for increasing resilience. Based on neuroscience and mind-body practices, this training offers ways to build resilience and address chronic stress and harmful coping mechanisms, leading a decrease in burn out and compassion fatigue. Based on Weston's "**The 4 Pillars of Resilient Power**", these easy to apply tools cultivate concrete ways to navigate a more balanced, resilient way of navigating the challenges and daily stresses. This leads to more vitality, effective decision-making, enhanced communication and long-term sustainability.

## About the Founder, Joe Weston

Joe Weston offered the first Respectful Confrontation® workshop in 2005 as a self-development, self-empowerment training. As word spread about the dynamic uniqueness and the lasting beneficial effects, companies invited Joe to offer trainings and lectures on topics that include conflict resolution, enhanced communication techniques, leadership development and resilience/self-care trainings.

### **A Training for Everyone, from NASA Scientists to Gaza Humanitarians**

Since 2009, Joe Weston has taught over 30 trainings to the staff of NASA and other government agencies, as well as companies including the World Bank and universities – in the US, Europe and the Middle East. He has also been invited to give lectures and keynotes at conferences, including IT specialists, executive fundraisers, scientists, young entrepreneurs, Ombuds, mediators, peace activists, social workers and teachers.

### **Founder Joe Weston's Further Accomplishments**

He is currently adjunct professor at Georgetown University, School of Government, Department of Conflict Resolution, teaching a course, "Body-based skill building for navigating stress and confrontation."

Joe has also worked with more than 15 women's rights groups and humanitarian organizations in the Middle East (Israel, Palestine, Lebanon, Jordan), offering leadership, sustainability and resilience skills, as well as creating a teacher/ambassador training for men and women to shift



their patterns, viewpoints and behavior on gender-based violence, reframing power, aggression and masculinity. The ambassador training in particular, with participants becoming models and mentors in their communities, has had a powerful impact.

## Contact Us

If you're interested in exploring Respectful Confrontation in your community, please email or call us.

<http://respectfulconfrontation.com>

todd@respectfulconfrontation.com

202-845-4345