

# Conflict Resolution



## Your Live Health & Wellbeing Seminar

with Mental Health Promotion Officer **Fergus Maher**

Happy World Teachers Day! Spectrum.Life are celebrating World Teachers Day on 5th October in partnership with the Department of Education with a series of seminars to show appreciation for our teachers and all they do.

The seminars below have been selected for the teachers to support them through some of their greatest challenges and to give them the tools to deal with them.

Have you ever had a disagreement with a colleague in the course of being a teacher? Almost certainly, you have at one time or another. Workplace conflicts are very common and there are very few workplaces where everyone gets along all the time, so in a sense some form of conflict is inevitable. We're only human after all - with our own personalities, perspectives, insecurities, and opinions. As part of recognising the contributions of teachers on World Teachers Day we'll be discussing the skills involved in Conflict Resolution.

This seminar will address how to promote positive relations and resolve conflict in your relationships with your colleagues and in your own personal life.

 **13:00**

 **05/10/2023**

 **Join [HERE](#)**

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