

UN-ESCALATE

BASIC ASSUMPTIONS

These are difficult times and this is difficult work: how might we approach it first as human beings?.

Escalation is a dynamic that involves at least two people.

We all “escalate“: in response to [something in] our environment, and in context of our whole life experience.

Whatever a person is doing is both an expression of a deeply felt need, and a survival response.

Whatever survival response we tend to fall back on is likely one that we’ve learned from how life has treated us and one that’s worked so far... but is also not the only one and may not be the best one for this moment.

The only person I can "de-escalate" is me.

A HALF DAY WORKSHOP

WORKshops for WORKers series: Limited spaces, Small groups
Sharing usable ideas and practical stuff you can use to suck less...

Thu.30.Jan.2020
9:30pm to 1pm
Fee \$75

Facilitator
Kevin Healey

Location:
Boardroom, 4th Floor
Inner City FHT
69 Queen St E, Toronto

Register now online:

www.recoverynet.ca

Eventbrite: UN_ESCALATE

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