

WORKPLACE & BUSINESS

MEDIATION/COACHING



Are you frustrated with your employer/employees or co-workers? Perhaps this is a family business and some difficulties have arisen. Do you feel stressed out or on your way to a burnout? Is your employer/employees/coworkers experiencing difficulties in their relationship with you? Business disputes and workplace issues have a way of affecting our lives in and outside of the workplace. If you are looking for a way to change this, **WORKPLACE & BUSINESS MEDIATION/COACHING** may be what you are looking for. Mediation/coaching creatively addresses the spectrum of intense emotions including: frustration, stress, burnout, conflict, disputes, disappointment, and anger. Deeper insight is developed through exploring practical and emotional strategies to address challenges in the workplace/business relationships and how to renew and manage positive relationships effectively.

- **Business Disputes**
- **Employer/Employee/Co-worker Issues**
- **Management Styles**
- **Stress/Burnout**
- **Communication Skills**
- **Conflict Management**
- **Return to Work**
- **Emotional (Anger) Management**

Suitable For:

- **Individuals**
- **Families in Business Together**
- **Unrelated Parties**
- **Employee/Employer**
- **Co-workers**

Do you have an Employment Assistance Program (EAP)? Please call the *real consulting* office at 403-601-3088 for further information.

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Family and Business Counselling, Coaching, and Mediation Services

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