

Crossing Divides Through Connection

Building Bridges: Navigating Difficult Conversations with Compassion and Understanding A Workshop with Jo Berry



Join Us for A Department of Peacebuilding Workshop

9/7/2024 9:30 am - noon PT/ 12:30 pm - 3:00 pm ET

At This Zoom link

Forty years ago, on 10/12/1984, Patrick Magee planted a bomb that killed Jo Berry's father and four others as they attended the Conservative Party Conference in Brighton, England. Northern Ireland and the UK were embroiled in violent conflict when Magee killed Jo's father, Sir Anthony Berry, a Member of Parliament. Two days after the bombing Jo made a personal decision to make something positive out of this emotionally shattering trauma and to try and understand those who had killed her father.

I have had the most difficult conversations with the man who killed my Dad, which has led to reconciliation and transformation. I now support others to have their difficult conversation with respect and harmony. - Jo Berry, Founder of Building Bridges for Peace

On this 40th anniversary year of the Brighton bombing, Jo commemorates her father by continuing her work. She will lead us in a workshop on crossing divides through connection. Join us to learn how to navigate difficult conversations respectfully and constructively. These conversations can lead to positive outcomes and contribute to growth and health of relationships in your family, work, and community.

- The workshop will help you develop practical communication skills, empathy, and emotional intelligence.
- It will involve self-reflection, active listening, and cultivating a mindset prioritising understanding and collaboration over blame and shame
- You will leave with practical tools, insights, and confidence to navigate difficult conversations with empathy, respect, and a focus on constructive dialogue

This workshop is open to all at no cost. To donate in support of Jo's work, click here.

More about Jo Berry

Jo Berry founded the charity 'Building Bridges for Peace' and is an international speaker and workshop facilitator committed to bringing peace to the world. For more about Jo, click <u>here</u>.

