

Amelia Rising Learning Series Break Down

Healthy Conflict

The aims of this module are to:

- Examine what anger is and how it can show up.
- Examine myths about what conflict means for relationships.
- Discuss strategies for conflict resolution.

How to Deal with Rejection

The aim of this module is for learners to destigmatize the experience of rejection and develop skills to help themselves and others. of rejn f expd o

At the end of this module students will be able to:

- Demonstrate an understanding of the link between healthy conflict and relationships.
- Give examples of ways to manage conflict in relationships.
- Demonstrate an understanding of how boundaries and feelings have an impact on relationships.

At the end of this module students will be able to:

- Explain what makes rejection so painful by p