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## **FRIENDLY STRENGTH: HOW TO WIN AT THE GAME OF LIFE WITH A SMILE ON YOUR FACE AND THE RESPECT OF OTHERS**

***Is it true that “Nice Guys Finish Last” or “Only the Strong Survive”? ...What’s your conflict style?***

How many times in your life have you been in a disagreement and given in? Or fought hard to get your way? Did you ever sell yourself short to compromise? Did you ever hurt someone’s feelings to save yourself? Was your self-image part of the cost? Are you more of a peacemaker or a leader? Do you get labeled as a scapegoat, a bully, a martyr or a rock star? Would you prefer better outcomes?

The various people you deal with in your everyday life can range from your relationship partner to your boss; a co-worker, your children, in-laws and relatives. We frequently butt heads with friends, neighbors, strangers, bullies, manipulators, salespeople, officials and online acquaintances... the list goes on and on. How do you usually fare in these various negotiations? Do you avoid conflict or seek it out? Were you always like this, even as a kid? What’s the formula of your default communication style? Would you like to reprogram it into higher “selfware” and achieve respected leadership power?

**Saturday, Nov. 14<sup>th</sup> from 1 to 3 pm at our office.** Come explore better negotiation strategies to improve your life with us in this workshop, evolving your communication, power and value issues. Share, play and learn a new paradigm for success in power struggles cycling throughout our lives.

*Based on his upcoming book of the same title, Jeff Teachworth, Certified Gestalt Therapist and Asst. Director of The Gestalt Institute and Relationship Center of New Orleans, will share his insights and techniques to use his Friendly Strength concepts for success in conflict with others while feeling great about yourself. Become a true Peaceful Warrior and feel more alive and balanced than ever before!*

### **INCLUDES THESE CONCEPTS:**

Friendly Strength Matrix Overview  
Gestalt Theories of Contact  
Transactional Analysis Concepts  
Family Roles and Rewriting History  
Unconscious Games People Play  
Advanced Communication Skills  
How to Avoid Cons and Scams  
Disarming Disagreements for Good  
Upgrading Your Habitual Self-Talk  
Relationship Skills for Life and Love



**Workshop at our office: 433 Metairie Rd. #113, Metairie 70001. Cost: \$40 or \$30 if advance register at [Gestalt-Institute.com](http://Gestalt-Institute.com)**

*A workshop for people-helping professionals and the general public presented by Jeff Teachworth, CGT, NLP, CPC, & Transformational Life Coach*