



Relationships matter.

**Don't destroy what you
can untangle**

Tangled up in a conflict?

Disagreements tying you in knots?

Feeling trapped and resentful?

Not communicating?

Feeling sick about someone?

I can help you untangle things.

Act now before it gets worse.

It's easy and affordable—see
inside for simple solutions.

Business solutions and training also available.

Client prices valid until Jan 2019



Conflict First Aid £120

In the heat of a disagreement, important things get lost, damage is done & relationships suffer. Two online or phone sessions, focussed on a specific issue, help you identify what you really want, find options and choose the best way forward. You will learn techniques for staying calm and on track. Includes e-book and email support.



Conflict Skills £160

Want to improve your skills in handling disagreements? Three sessions (online or phone) help you manage emotions, stand your ground and improve outcomes. Includes e-book & email support.



Online Mediations from £400

Each mediation is different. After the first complimentary call, I will send you a range of options for resolving things quickly & effectively.

Customised services are also available, including face to face and visits to your premises. Phone me on 07980 920 078 for a confidential, complimentary discussion of your needs.



DIY Stuck in the Middle £80

Are you stuck in the middle, want to help, and don't know how? You need a neutral expert to listen and talk things through. This session help

you identify the issues, explore options and work out what's best. Email support . Complimentary copy of my book, *Conflict First Aid* (worth £26) full of exercises & examples.



Long Distance

Reconnect & Resolve £400

It can be hard to talk about wills, looking after elderly parents or death, especially when you live at a distance. I

provide a safe, compassionate place to start reconnecting, on the phone or through a secure online video platform. A total of four individual sessions and a joint session. Email support, e-books & exercises.

Mediation & coaching are in no way to be construed as financial or legal advice, psychological counselling or any type of therapy. The client enters into the mediation/coaching with the full understanding that the client is responsible for creating his or her own results.

Not sure what would help? Call to arrange a free exploration of the options. I have a number of trusted specialists I can recommend if coaching or mediation are not right for you.



Nancy Radford

Accredited Mediator
Facilitator
Coach

I help you improve your professional and personal relationships by

- ◆ changing the stories you tell yourself
- ◆ teaching you how to stay calm & in control
- ◆ providing tools & strategies that last a lifetime.
- ◆ giving you the space and confidence to find the solution that suits you.

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Nancy Radford

Mediation & Coaching

Stop Arguing & Start Talking