



**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 January 2020*

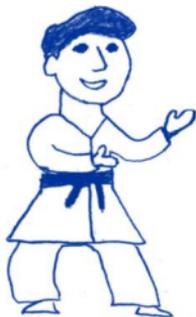


## **Conflict First Aid £120**

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.

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## **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.

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## **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.

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## **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.

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*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*