



### What does my family have to do with my work?

This workshop was developed to address workplace relationships with family of origin information at its core. As adults we understand that on a daily basis we interact with individuals who we believe are similar to us and thus are able to get along fine with them. However, we also know and accept the fact that there are individuals we interact with that are so different from us that to deal with them creates tension, frustration and eventually conflict.

This workshop will address the following components of work life that we as management or front line employee are confronted with while attempting to do our job. The targeted areas are communication, trust, anger management skill, conflict resolution skills and appropriate boundaries within the workplace. Cultural and intergenerational issues will also be addressed in this workshop.