



Learning Objectives:

1. Explain the importance of repair in maintaining healthy relationships.
2. Practice strategies for reconnecting after conflict or emotional outbursts.
3. Develop routines that model accountability, empathy, and forgiveness.

Timed Agenda:

- 1:00-1:10 - Introduction and Discuss Learning Objectives
- 1:10-1:17 - Define Key Terms & Frame the Topic
- 1:17-1:20 - Self-Reflection
- 1:20-1:27 - Explain where recovery/repair fit in the Escalation/Conflict Cycle
- 1:27-1:30 – Conflict scenario
- 1:30-1:40 - Setting the tone for repair during the cycle
- 1:40-1:50 - Strategies for reconnecting after conflict or emotional outbursts
- 1:50-2:00 - Develop routines that model accountability, empathy, forgiveness
- 2:00-2:30 – Q&A