



Online Parenting Programs

12 Hour Online High-Conflict Behavioral Skills

Welcome

- Welcome
- Tips To Success
- Your Supports

Defining Conflict

- What Will You Learn
- Terms
- Anger
- Anger Events
- Anger Management
- Conflict
- Benefits of Conflict Management
- Conflict and Your Health
- Practice Quiz

Conflict and Self

- What Will You Learn

- Understanding Emotions
- Emotional Awareness
- Your Conflict Style
- Measuring Your Conflict Style
- Your Conflict Style Results
- Breaking A Habit
- Do You Identify?
- Conflict and Self-Esteem
- Being Assertive
- Benefits of Being Assertive
- Nonverbal Communication
- Who is in Control
- Practice Quiz

Conflict and Family

- What You Will Learn
- High-Conflict Families
- Triggers
- Effects of Conflict on Children
- Communication With Your Children
- The Family System
- Resolving Family Conflict
- Domestic Violence

- Personal Protection Orders
- Practice Quiz

Conflict and Society

- What Will You Learn
- Challenging Personalities
- Restorative Conversations
- Conflict and the Workplace
- Cultural Rules and Conflict
- Identifying Cultural Conflicts
- Practice Quiz

Moving Forward

- What Will You Learn
- Change
- Resolving Conflict
- Responsibility
- Provide Options
- Respond Don't React
- Forgiveness
- Forgiveness Exercise
- Forgiveness Facts
- 7 Habits of Highly Effective People

- Summary
- Practice Quiz

Resources

- Helpful Resources

Sources

- Sources

Final Exam

- Final Exam

Survey

- Survey

Completion

- Completion