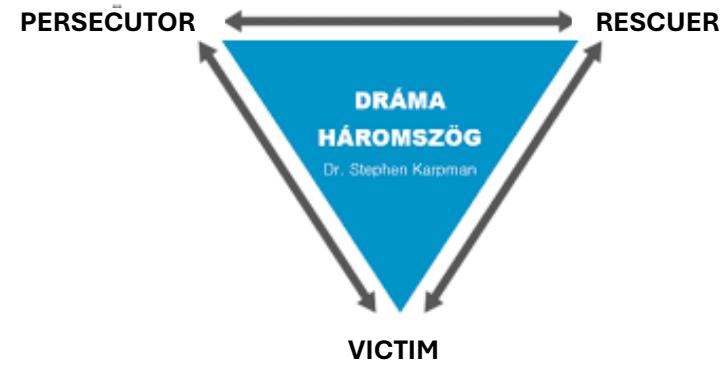


Leading out of Drama™



LEADING OUT OF DRAMA



The **DRAMA TRIANGLE** was developed in 1968 by Dr. Stephen Karpman to illustrate the negative roles we play in individual and group interactions. The Drama Triangle helps us understand where we go wrong in communication and connection. Drama sabotages morale, commitment, and effectiveness.

POSITIVE CONFLICT means that we approach conflict by taking personal responsibility and engage in problem solving, while strengthening the relationship and preserving dignity. It offers an approach and tools for stepping out of the drama and connecting with each other effectively, even in difficult situations.

Learn 3 skills • 3 x 3 strategies • 3 rules

The training equips you with the skills to transform the energy of conflict into positive outcomes, every day, in every interaction:

THE DRAMA RESILIENCE ASSESSMENT

The profile created for participants based on the online questionnaire shows

- what their favourite Drama roles are
- how developed their Empathetic Conflict skills are
- how high the risk is that they will get involved in Drama instead of positive conflict