



Do you need an
ARC ?
(a reflective
conversation)



The Revd. Richard Stainer
Liz Holdsworth (LLM)

What?

An opportunity for anyone – ordained or lay - to have an informal, confidential discussion with Richard, Liz or both, on situations or issues relating to conflict or difficulties within working relationships.

This will not be counselling. We will act as a sounding board, and help you to explore possible ways forward.

We can also offer informal mediation between parties, if required.

How?

Contact us by phone or email, to arrange a meeting. We can come to you, or to a venue of your choice (preferably with coffee and cakes).

Confidentiality

Everything discussed will be held confidentially between us and the person consulting us.

We will not disclose any information, or the names of those who have consulted us, to any other person within or outside the diocese*.

This service is offered free of charge.

** with the exception of information relating to criminal offences such as child abuse, which we are legally bound to disclose.*

Why?

Difference and conflict are a normal part of human relationships, within the church as much as anywhere else. Sadly, many of our experiences of these in the past may have been negative and damaging, both to ourselves and others.

If conflict can be addressed in the early stages, it can be transformed into a positive and constructive experience which builds relationships. If it is not addressed, the cost can be high, both on a personal level and for our churches and ministries.

Through offering the support of a sounding board (and mediation if required) we would like to:

- work with people in the early stages of conflict or relationship difficulty, before it escalates to a level where higher authorities may need to be involved
- enable a growing confidence within church leadership that conflict is a normal part of human and church experience
- encourage leaders that conflict can be approached without fear or guilt
- enable leaders to encourage their church members to view conflict in the same constructive way

Above all, we seek to be there for *you*, in your particular experience of conflict and breakdown in working relationships, when it is often difficult to know where to turn.

Richard and Liz have both been trained in mediation, facilitation, conflict transformation and family systems theory by Bridge Builders, the training and mediation service at the London Mennonite Centre.

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