

# BGPERT

Bath GP Education & Research Trust

Image by Banksy

## Channelling Conflict

With Dr Ashish Bhatia, Founder of Humble

Wednesday 3<sup>rd</sup> July 2024, 7.00pm - 8.00pm

Webinar via Google Meet

Please RSVP to [BGPERT](#)



### Do you encounter conflict?

Conflict often becomes obvious when there is disagreement or difference of opinions between or among individuals. However, it also occurs covertly, influencing our thoughts, feelings, actions and outcomes. It is often perceived as negative, however if channelled well it can promote critical thinking, innovation and deepening of trust in relationships.

In this interactive talk Dr Bhatia invites you to boldly explore some of the science underlying our conflicts, sensitively understand your and others tendencies, and humbly offers some practical suggestions to help you channel it helpfully in yourself and others.



This meeting has been organised with, Humble, Health & Performance optimisation.

Full information on Humble, please [click here](#).

Facilitated by Humble Guides Working with kindness and honesty. [Here's a link to a 2 min video all about it.](#)

This meeting has been accredited by BGPERT. For more information about BGPERT including additional details about meetings visit [our website](#).