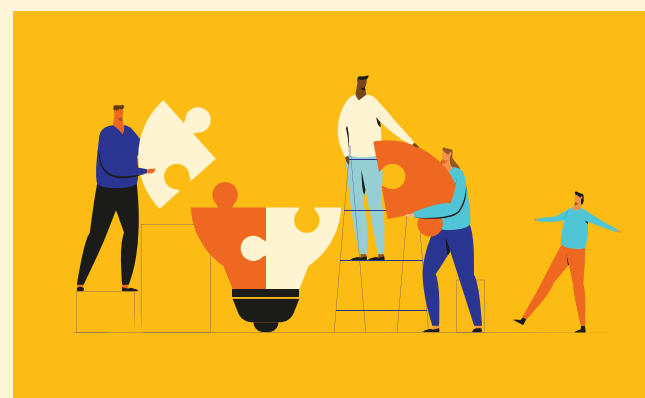


Tools to better understand each other and cultivate harmony



Day 4

Your challenge today

Identify the qualities and skills you have that allow you to establish peaceful relationships with your loved ones. What skill would you like to develop?

Psst! Try suggesting this exercise to your family and friends!



[Click here to print](#)

**Are essential skills to conflict resolution still a mystery to you?
Patience ... we will talk about it tomorrow!**

About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

To contact us:

2901 Guoin Est boul,
Montréal (Québec), H2B7Y3
T. 514 598-1622
Email: info@institutpacifique.com
Website: institutpacifique.com