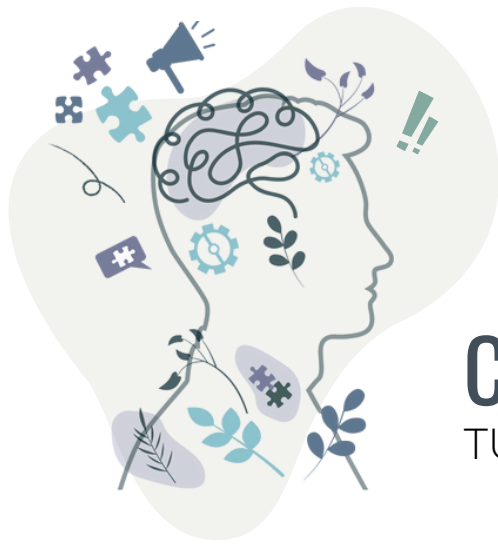




Calm, Clear, Connected:

TURNING CONFLICT INTO GROWTH

Too often we find ourselves snapping in conflict, saying yes when we mean no, or feeling drained by the constant tension and division around us.

The result? Exhaustion, disconnection, and a sense that we've lost our footing.

In this transformative session, Ryan M. Sheade, LCSW, introduces audiences to the concept of *differentiation of self*, which is the skillset that equips us to slow down under emotional pressure, think clearly, and choose how to respond instead of reacting automatically. Drawing from 20+ years of clinical experience and 30,000+ therapy sessions, Ryan weaves neuroscience, cognitive-behavioral strategies, and real-world stories into an engaging roadmap for emotional resilience.

Learn how nervous system responses and core beliefs fuel conflict, why empathy and self-compassion are the antidotes to reactivity, and how boundaries can create both safety and deeper connection. Through humor, practical tools, and reflective exercises, Ryan empowers professionals to navigate challenging situations with calm and courage.

And the impact? Leaders, teams, and individuals who know how to manage themselves with self-awareness, see others with greater clarity, and shape a healthier, more resilient workplace culture.



Ryan M. Sheade, LCSW

(408) 837-1964

www.RyanSheade.com

Ryan@RyanMSheadeLCSW.com



Learning Objectives

- Define differentiation of self and explain its role in reducing conflict and fostering resilience
- Identify nervous system triggers and core beliefs that fuel reactivity in relationships
- Explain how empathy and self-compassion transform interpersonal dynamics
- Apply the 5 Cs of Differentiation - Calm, Clarity, Courage, Curiosity, and Connection - in professional and personal contexts
- Discover strategies for setting and maintaining boundaries that protect well-being while preserving connection
- Explore real-world conflict scenarios to determine effective, grounded responses
- Develop a plan to cultivate resilience and emotional maturity in daily life

SUGGESTED AUDIENCE:

All Professionals

SUGGESTED FORMATS:

Full or Partial Day;
Lecture, Workshop, Keynote