Relationship Rumble

FACILITATED EXPERIENCES FOR ORGANIZATIONAL TEAMS

Relationship Rumble Workshops for Teams

Every team has a way of moving under pressure

Relationship Rumble is a customized, facilitator-led workshop experience that helps teams recognize how their relationships move under pressure and practise responses that create more room for regulation, curiosity, and constructive engagement.

By building shared language and relational skills, the experience is designed to support stronger working relationships, better collaboration, and more productive conversations across the team.

WHY TEAMS BRING RELATIONSHIP RUMBLE

The issue is only part of the interaction

Teams may be working on a technical or organizational problem while capacity is falling, protection is increasing, and perspectives are narrowing. These movements often happen before anyone can name them. Relationship Rumble gives people a shared way to notice what is happening and practise what they might do next.

What participants practise

- Recognizing movement between Resonance, Expansion and Integration, Edge of Self, and Repair
- Noticing changes in relational capacity and protective responses
- Remaining curious for longer when perspectives differ
- Distinguishing intent, impact, interpretation, and visible behaviour
- Choosing when to continue, pause, regulate, seek clarity, or repair

What teams may develop

- Shared, non-blaming language for relational dynamics
- Earlier recognition of tension and declining capacity
- More constructive conversations across roles and perspectives
- Stronger habits of reflection, feedback, recovery, and repair
- A practical framework that remains available after the session

Insight changes what you understand. Experience can change what becomes available to you in the moment.

WHAT PEOPLE CARRY FORWARD

"An employee came into my office and said, 'I feel like I am at Edge of Self after that meeting. Can we process that a bit?' I consider this a major breakthrough." **— Organizational leader**

"I think I am going to see Resonance Model diagrams floating above everyone's heads from now on." **— Workshop participant**

What happens in the room

A typical experience begins with facilitator storytelling and a clear introduction to Resonance and Edge of Self. Participants usually recognize familiar situations quickly. Depending on the format, the session then moves into reflection, conversation, scenarios, role play, and practice involving regulation, curiosity, perspective-taking, communication, or repair.

Workshop formats

Format	Best suited to	What it provides
Keynote	Conferences, leadership gatherings, and larger audiences	Recognition, curiosity, and shared language; limited interaction and practice
90-minute introduction	Groups seeking an accessible entry point	Core model, recognizable situations, reflection, and limited practice
Half-day experience	Teams ready to work with the model	Contextual scenarios, conversation, reflection, and initial practice
Full-day experience	Groups seeking the greatest contextual depth	Targeted cases or simulations, deeper practice, reflection, and integration

Small-group formats create the most room for conversation and practice. Approximately 12 participants is often an effective size for a highly experiential session. Larger groups and virtual delivery are possible, although the design and depth must be adapted. In-person delivery is preferred for the fullest experience.

Customization and participation

We begin by learning what is prompting the conversation, which relationships or interfaces matter, what tends to happen under pressure, and what participants should be able to notice or practise. We then shape the stories, scenarios, emphasis, and level of challenge around the group.

Experiential does not mean exposed. Private reflection can remain private, disclosure is never forced, and scenarios can be fictionalized or generalized. Relationship Rumble is a facilitated learning experience, not therapy, diagnosis, formal mediation, or crisis response.

Begin with a conversation

You do not need a finished workshop brief. Start with what is prompting the interest, who might be in the room, and what you hope could become possible. We will explore the appropriate format, context, timing, and whether Relationship Rumble is a useful fit.

Learn more and start a conversation at relationshiprumble.com

Relationship Rumble experiences are delivered through **Value Shepherd**. The Resonance Model continues to be examined and developed through lived relational experience and professional practice.