

**Mary Zinn:** Collaboration makes all the difference, that when you really want to hear someone else's thoughts, and you're not afraid that they will undo whatever you believe in. So, there's um, this mantra that I use, "To open your heart and be unafraid."

**Sam Fuqua:** That's Mary Zinn, and this is Well, That Went Sideways! A podcast that serves as a resource to help people have healthy, respectful communication. We present a diversity of ideas, tools, and techniques to help you transform conflict in relationships of all kinds. In this episode, we talk with Mary Zinn about strategies for having difficult conversations and about how engaging in conflict can help us learn and grow. She's been involved in conflict resolution for well over 30 years as an activist, educator, and mediator. Mary Zinn is also a member of the Well That Went Sideways! production team.

I'm Sam Fuqua, co-host of the program with Alexis Miles. Hi, Alexis.

**Alexis Miles:** Hi, Sam.

**Sam Fuqua:** And we are really excited to have another member of the Sideways team as our guest for this episode, Mary Zinn. Hi, Mary.