Conflict Resolution Coach Behind Custody Cases Launches Yes Energy Method for Leaders

The Center for Family Resolution introduces a boundary system that replaces correcting people with directing them.

COLUMBUS, OH, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- The Center for Family Resolution today launched the Yes Energy Method, a boundary system founder Amy Armstrong uses to end standoffs at work without correcting anyone. Armstrong, a conflict resolution coach who trains family court judges nationally, walked through the system during a new appearance on the Happy Productive podcast with host Jennifer Dawn. The practice serves parents locked in high-conflict custody cases, and Armstrong now teaches the same system to business owners and their teams.

> Your body will respond more calmly to what you can do rather than what you shouldn't do”
>
> *Amy Armstrong, Founder, The Center for Family Resolution*

Most conflict advice tells an owner to correct the behavior. Say something to the employee who shows up late, the team member who calls every project a disaster, the partner who will not answer email. Armstrong says correction is exactly why those conversations go sideways, because the nervous system hears a rule about what to stop and braces for a fight.

The Yes Energy Method reverses the order. Instead of naming the problem, the leader names the outcome in plain terms: what showing up fully looks like, what a clean handoff looks like, what the room feels like once the work is done. Armstrong calls the split yes energy versus no energy, and she says the body reads the two completely differently.

The method starts before the conversation, not during it. Armstrong has people answer three questions first: how do you want to feel when this is over, what do you want to be most proud of and how do you want other people to see you. Once a person can picture that, she says, the nervous system settles enough to hold a line without heat.

"Your body will respond more calmly to what you can do rather than what you shouldn't do," Armstrong said during her appearance on the Happy Productive podcast. She gave a live

example from a team meeting that same morning. A colleague described a project as a mess, and rather than correct the complaint, Armstrong declared the cleanup finished by end of day.


Amy Armstrong, Founder of The Center for Family Resolution and Creator of the VOICE Boundary Framework

The conflict resolution coach also hands leaders a way to buy time. She teaches a response that is not a response, a short line such as "let me think about it" that closes the exchange without conceding anything. It protects the relationship, she says, while the leader works out what boundary is actually needed.
Repetition is the last piece. Armstrong builds five check-ins into an ordinary workday, cued to something small such as refilling a coffee, and each one is a quick read on energy, self-talk and the body. Waiting for the heat of the moment does not work, because a person already in fight or flight cannot run the method at all.

She practices it in public. Before a meeting she knew would be tense, Armstrong stopped at the grocery and put a small bouquet of daisies on the table, not for the room but for herself.

The pattern holds outside the office. One mother who came to The Center for Family Resolution had not seen her daughter in a year and a half and used the same shift to replace criticism of her co-parent with language she could control. Amy Armstrong has spent 15 years in conflict work, has helped hundreds of parents save many thousands of dollars in court.

Dawn, a business coach and founder of the Freedom Builders community, connected the idea to what she watches high performers do. "You cannot think your way through it," Dawn said during the episode.

For owners, the cost of skipping the work is measured in decisions. "We cannot make good business decisions as a people-pleaser," Armstrong said on the show. Leaders who smooth things over to keep the peace, she says, end up protecting the mood in the room instead of the company.

Armstrong holds a hard line on who owns the reaction. Somebody being angry does not by itself

make a conflict, she says, and a leader is under no obligation to buy it.

Amy Armstrong, LISW-S, is a mediator, parenting coordinator and coach who trains family court judges nationally and sits on court reform committees for the Supreme Court of Ohio. She is the author of Real-Time Parenting and the forthcoming Boundary Basics: Simple Steps to Resolve Conflict, and her work has appeared in The New York Times and on CBS, ABC, NBC and Fox News. She has spent 15 years building The Center for Family Resolution and the Center for Coach Development.

Business owners, leaders and parents who want the full Yes Energy Method can get it at www.thecenterforfamilyresolution.com.

About The Center for Family Resolution

The Center for Family Resolution is a national conflict resolution and coaching practice founded by conflict resolution coach Amy Armstrong, LISW-S. The practice teaches boundary setting, nervous system regulation and self-leadership to business owners, leaders and parents in high-conflict situations through group coaching, mediation, parenting coordination and professional training. The through line across every program is the same: nobody controls the person across the table, and nobody needs to.

Amy Armstrong
The Center for Family Resolution
amyarmstrong@thecenterforfamilyresolution.com
Visit us on social media:
LinkedIn
Instagram
YouTube
TikTok

This press release can be viewed online at: https://www.einpresswire.com/article/942437748

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.