

# Managing Conflict Effectively

## Conflict Can Be Constructive

Conflict is inevitable in the workplace, often conjuring negative images of tense arguments and clenched fists. However, the most efficient businesses are not the ones that are completely devoid of conflict, but those that can constructively manage conflict and frame it as a force for creativity and growth.



*Managing Conflict Effectively* is a half-day workshop that helps participants foster an understanding of the various sources of interpersonal conflict and develop the necessary skills to transform destructive disagreements into positive encounters that open the lines of communication, spurring high-quality ideas, greater collaboration and strengthened relationships.

In addition, participants develop an awareness of their own behavioral tendencies and preferences toward conflict management by completing and evaluating a validated personal conflict style self-assessment.

## Benefits of *Managing Conflict Effectively*

- Leverage an awareness of personal conflict behavior tendencies to effectively manage conflict situations
- Achieve higher performance levels and better decision making by embracing constructive conflict
- Recognize and manage personal triggers to destructive conflict
- Develop actionable strategies that can be applied to address existing and potential conflict situations

**Interested in learning more?** [info@situational.com](mailto:info@situational.com) | 919.335.8763 | [www.situational.com](http://www.situational.com)