



Effective Conflict Resolution

Most of us lack confidence when facing conflict and try to avoid it whenever possible. This workshop offers participants a new perspective on conflict: conflict is an opportunity to build relationships.

Using interactive learning, experiential exercises, and many role-play activities, participants attending this workshop will be able to:

- Learn how to effectively confront and resolve conflict.
- Strengthen work relationships and teams.
- Build trust and diffuse tension.
- Create “win-win” agreements for everyone involved.
- Create a work environment that minimizes conflict.

Participants will be leave this workshop with tools to utilize immediately in the workplace and in their personal lives.