

## Workshop: Productive Conflict — Working Better Together

**\*\* Individual and Teams**

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Transform destructive conflict responses into productive ones. This workshop is a personalized learning experience around conflict behaviors and helping participants effectively respond to the uncomfortable and often times unavoidable challenges of workplace conflict. This workshop goes beyond the typical step-by-step conflict resolution process and offers personalized techniques to help control destructive behaviors so that the communication can be more productive, and ultimately improve multigenerational workplace relationships and results.

### Who

Business professionals at every level and in all functional areas looking to improve their ability to communicate with co-workers and decrease unhealthy conflict with every generation.

### Time

5 hours, not including pre-work or breaks

### Format

Highly interactive delivery format, discussions and each participant receives precise insights to personalize their experience

### How You Will Benefit :

- Improve self-awareness around natural conflict behaviors
- Learn personalized communication strategies for the conflict discussion
- Learn effective and ineffective communication approaches to difficult conversations
- Flex your communication style to meet communication challenges
- Learn how to fight fair
- Recognize your stressors during a conflict situation
- Reduce interpersonal conflict and improve workplace relationships

**\*\*Teams Note:** A 2-day conflict workshop is available for workplace teams. Day one is listed above. The second day dives deep into team dynamics and working more effectively in high stress team situations. Material and activities presented are customized to your specific group and your unique situation.