Navigating Productive Conflict
Being tough on the issues and easy on the people

OVERVIEW
Do you avoid rocking the boat? Would you like to navigate conflict more easily? What exactly is “healthy conflict”? Conflict is simply the difference of opinions with strong emotions and it is inevitable. Healthy productive conflict only exists if there is a vulnerability based trust to overcome the all-too-common fear of conflict. Lacking this level of trust often leads to destructive behaviours complicated by divisional competitiveness rather than the humble pursuit of the truth and best decisions for all.

WHAT WILL BE COVERED?
Your response to conflict situations is in your control but you cannot control the response of others. Learning about their styles will help you better understand how they may naturally respond to conflict so that you can more effectively engage with them. Passionate and unfiltered debate around important issues creates innovative solutions and better decision making. After a brief review of the four DiSC styles, discussions focus on the conflict map and where the ideal conflict point of healthy debate lives along the conflict continuum. You’ll build your awareness of your healthy and unhealthy behaviours enabling you to make better choices in the moment. These choices support engaging in open and honest conversation where your opinion is different and matters.

AT THE CONCLUSION OF THIS WORKSHOP YOU WILL HAVE:
- Gained insights into how your style of dealing with conflict affects you and the people around you.
- Explored the constructive and destructive behaviours along the productive conflict continuum.
- Learned how to identify and reframe conflict to avoid counterproductive behaviours.
- Gained insights for adapting to the four basic personality styles while in debateful conversations.
- Practiced inner management skills to increased awareness of how to respond to uncomfortable situations.

To learn more about this workshop, please contact: Erin Waddell
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