

Positive Conflict

Duration and times: 1 day 9.30am – 5.00pm

Group size: 6-12

Investment: £POA

Perhaps you often find yourself facing conflict and not knowing how to deal with the situation or knowing how to move forwards without upsetting people even more. Sometimes you may find it is you that gets most upset by the situation which leaves you feeling unrewarded and unmotivated.

This programme helps you to understand your natural motivation and conflict style and that of others. It gives insight into why people behave in certain ways and enables you to use that knowledge to build rapport and create more effective team relationships.

Audience:

Suitable for anyone that would like to increase their personal awareness or ability to work effectively in teams. Also helpful for anyone who finds themselves facing an unrewarding and difficult relationship at work. Very helpful for those who find that they occasionally offend others or find that they have unintentionally caused conflict.

Outcomes:

By the end of the course delegates will:

- Explain why we behave the way we do
- Show how our personal values impact and drive our behaviours
- Understand their own motivation and conflict style using the SDI™
- Be able to use this knowledge to build strong relationships and confidence in apparent conflict
- Recognise the reasons and purpose of conflict and harness it positively
- Move from conflict to co-operation

Training methods:

Individuals will benefit from the use of the SDI™ to diagnose their natural style and how this changes when faced with conflict. Through group discussion and exercises individuals will transform their awareness and view of conflict and learn to build more rewarding relationships.

Not quite what you want? How about Assertiveness Skills?

