



# respectful conflict management

## DESCRIPTION

Participants learn actionable strategies for turning routine workplace conflict into opportunity.

## THE EXPERIENCE

We'll share the latest research-backed strategies in conflict resolution. Your team will engage in peer coaching, group discussion and guided role-play. Together, we'll create a plan for less conflict and more success.

## OBJECTIVES

- ▶ *Understand your personal habits and conflict communication style*
- ▶ *Learn what conflict resolution strategies work best for you and your team*
- ▶ *Practice new skills to create new habits*

## ABOUT ASK FOR IT

Ask For It is a boutique communications training and consulting firm. Our mission is to foster confidence and inspiration in leadership and life.

Visit [www.askforit.co](http://www.askforit.co) to learn more.

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## request your custom quote

Visit [www.askforit.co/contact](http://www.askforit.co/contact) today to schedule your complimentary intro call, or reach out directly to [hello@askforit.co](mailto:hello@askforit.co).

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## consequences of conflict

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Employees report spending **2.8 hours** per week, or more than **1 day** per month, dealing with conflict.

Avoiding conflict leads to sickness, absence from work, project failure or leaving the company, either through firing or quitting.

Source: CPP Inc,  
The Myers-Briggs(R) Company