Training for Conflict Resolution
What is Conflict Resolution?

It is a way for two or more parties to find a peaceful solution to a disagreement.
Why should you resolve conflict?

• To come to an agreement that benefits all parties.
• To understand more about those whose ideas, beliefs, and backgrounds may be different from your own.
• To ensure that your relationships with opponents continue and grow.
• To find peaceful solutions to difficult situations.
Steps for Conflict Resolution:

• Understand the conflict.
• Communicate with the opposition.
• Brainstorm possible resolutions.
• Use an impartial mediator.
• Explore alternatives.
• Cope with stressful situations and pressure tactics.
• Choose the best resolution.