

Conflict resolution workshop



Delivered 'live' by tutor Maeve Finch of Total Focus via Zoom
Wednesday 9.30am - 1.00pm (please check date)
Exercise workbook for each workshop provided in advance.
This workshop can be run in-house for your organisation.



What will I learn?

What is conflict?

What is conflict resolution?

Three common types of conflict, personal or relational conflicts, instrumental conflicts, and conflicts of interest.

Constructive vs. destructive conflict

How do I start finding a resolution?

Recognising your own preferred conflict style - How do I respond to conflict?

Contact

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