

Mastering Conflict & Difficult Conversations

Making Hard Times and Tough Talk Work for You



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Conflict isn't fun. It's stressful and it's often the culprit behind lousy relationships, lackluster performance and low satisfaction. But it's also prerequisite to many of the things we long for most, like meaningful relationships, exceptional performance, and personal fulfillment. The difference is what we do with it and how we handle it. Top teams and great leaders are distinguished by their ability to get the good stuff out of the hard stuff. The big question is:

How do you make conflict and difficult conversations work for you?

In this powerful development experience, Dr. J gives participants a new perspective on conflict and equips them to harness it productively in their personal and professional lives. He equips them to manage themselves and others effectively, and to improve trust, assertiveness, commitment, decision-making, etc. Participants leave with new understanding of themselves, new insights into others, and new strategies for handling conflict and difficult conversations well.

Learning Objectives & Takeaways

- Explore the nature and impact of conflict on teams, performance, and relationships
- Recognize vital contributions of conflict and the dangers of hidden conflict or conflict-free zones
- Learn practical tools for managing conflict in teams, and meetings
- Identify personal response preferences and broaden your repertoire of responses
- Learn psychological and emotional processes affected by conflict and how to manage them
- Diagnose and resolve factors diminishing trust, collaboration, and commitment
- Discover practical strategies for conducting Difficult Conversations successfully
- More...

More Info @ DrAndrewJohnston.com



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Dr. ANDREW
JOHNSTON 

WORKSHOP CONTENTS

CONFLICT & COLLABORATION

Recognizing the Contributions of Conflict

Exploring its impact on engagement and performance

Revealing Personal Responses to Conflict

Building a Better Repertoire for Conflict

TIPS & TACTICS FOR DIFFICULT CONVERSATIONS

Putting Conflict in the Right Place:

Preserving Relationships in Conflict with the Third Thing™

Stay in your Right Mind :

A Crash Course in Conflict & Neurochemistry

Adopt the Right Posture :

Designing a Successful Difficult Conversation

