

Day 16 Conflict

Squiggly
Careers
Skills Sprint

What is this squiggly skill?

Managing conflict with skill means that you respond openly and objectively to different views and opinions and can find a way to move forward with a resolution.

Go to Guru



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Recommended Listen



Squiggly Careers #79

Coping with conflict at work

Ideas for Action



Reframe your starting point

Reframing your mindset when you experience conflict helps reframe what 'conflict' looks and feels like for you. Try replacing:
conflict with *curiosity*
difficult with *difference*
conversation not *confrontation*.



See it / Say it

This helps fix friction fast and sounds like: "*I can see this feels uncomfortable. What would be most useful for you now?*"

"We seem to have a different point of view. How can we move forward from here?"