

Equal Opportunities Workshop: Conflict Management: Constructively Dealing With Conflict



The ability to deal with conflict is a key factor for personal and professional success. In this workshop, participants will learn how to resolve conflicts effectively and confidently. They will be trained to distinguish between constructive and destructive conflicts and to facilitate communication to both prevent a disagreement from becoming a conflict and to de-escalate conflicts. Finally, the participants' ability to see the great potential in conflicts will be strengthened.

In this workshop, you will ...

- analyse one's own behaviour and how one communicates within conflict
- learn how to recognise and understand conflict dynamics & the nine levels of conflict escalation
- practice constructive communication: Helpful conversation techniques during conflicts
- discover the impact of personality on dealing with conflict
- learn solution-oriented approaches in conflict
- get to know strategies for constructive conflict resolutions

Coach

After studying humanities at the University of Tübingen, Dr. Isabel Werle first worked in adult education and public relations before returning to academia as a staff member in the "Media and Communication" field.

She completed her doctorate at the TU Darmstadt and has been a self-employed trainer and coach since 2011. Her thematic focus is on leadership, team development, communication and conflict management.

<https://www.entwicklungsraum-mainz.de>

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When and Where

Online-Workshop

11 + 12 June 2024

9:00 – 12:30

Gefördert durch