



COMMUNICATING THROUGH CONFLICT

Cheboygan Training 2019

DATE:

Monday March 25, 2019
5-8 p.m.

LOCATION:

Cheboygan Area
Public Library
100 S. Bailey St. Room A
Cheboygan, MI 49721

FREE! Special one-time
event to pilot new info

TO REGISTER:

[http://events.anr.msu.edu/
CTC2019/](http://events.anr.msu.edu/CTC2019/)

CONTACT:

Lindsey Gardner
231-627-8816
lgardner@msu.edu



PROGRAM SUMMARY:

It is especially important in today's polarized society and stressful workplaces to develop skills that can help facilitate a comfortable approach to conflict, an approach that builds and maintains positive relationships. Communicating through Conflict workshops include relevant framework and discussion that provide participants with tools and techniques to manage conflict situations more effectively.

Participants will:

- Achieve a deeper understanding of the continuum of conflict management options and approaches.
- Gain conflict resolution skills designed to preserve relationships, create a safe environment for continued dialogue and develop a shared decision.
- Learn approaches to active listening and how to choose strategies aimed at finding a mutual purpose.
- Discern how to recognize interests behind strongly held positions.
- Become aware of when to apologize and when to use a contrasting statement.
- Receive a document with easy-to-follow steps for Communicating through Conflict.

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

