



Consulting and Training | Reach New Heights

Course Name

Managing Conflict & Dealing with Others

Sector Name

Interpersonal Skills and Self Development

Document Type

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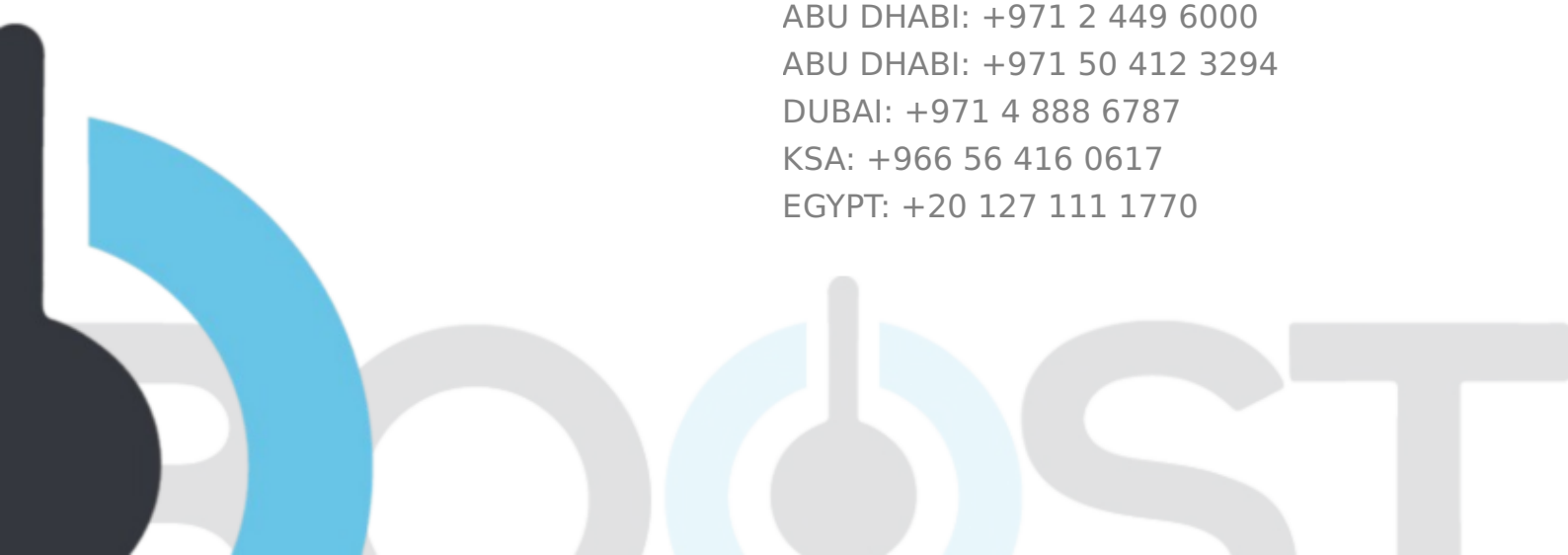
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Managing Conflict & Dealing with Others

Course Introduction

Conflict is the result of people having differing needs, opinions, expectations, and often completely different perspectives. The reality of conflict is that in any human relationship, it is inevitable, but if handled well, conflict can provide a powerful avenue for significant growth.

By attending such an interactive training program, participants will harness their conflict management skills, recalibrating their mindset to embrace conflict, and they will discover their emotional triggers, their preferred conflict management style, and enhance how to prevent conflicts within organizational processes & how to manage difficult encounters in their teams, with diplomacy, tact, and credibility.

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Target Audience

Managers, team leaders, HR professionals, and employees who want to improve their conflict management skills and learn effective strategies to deal with challenging interpersonal situations in the workplace.

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Managing Conflict & Dealing with Others

Learning Objectives

- ✓ Recognize Conflict and Difficult Situations
- ✓ Considered the causes of challenging behaviour
- ✓ Identify the Benefits and Drawbacks of Conflict in the Workplace
- ✓ Recognized different behaviour types and how to deal with them
- ✓ Assess your own personality type
- ✓ Define the impact of the different styles of personalities on each other. Define what conflict is.
- ✓ Assess their own conflict management Style
- ✓ Recognize tools to find the root causes of conflicts
- ✓ Discuss how to approach conflicts
- ✓ Explore emotion management tools
- ✓ Identify the Supervisor's role in handling conflicts
- ✓ Illustrate how to deal & communicate professionally in conflict times
- ✓ Discover tools and techniques to prevent conflicts

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Course Outline

✓ 01 Day One

Different Personality Types Make Different

- ✓ Assess your own personality type
- ✓ Different personality types in the workplace
- ✓ Understand the impact of the different styles on each other
- ✓ The 6 types of difficult people
- ✓ How does each person's style impact their communication style?
- ✓ Key steps for dealing with different behaviour and personality styles
- ✓ How to resolve conflicts in a constructive way
- ✓ How to bring out the best in even the most difficult people

Understanding Conflict And Difficult Situations

- ✓ Defining the Nature, Types, and Causes of Conflict
- ✓ Conflict vs. Competition: When one overtakes the other
- ✓ Benefits and Drawbacks of Conflict in the Workplace
- ✓ Why do people behave in challenging ways
- ✓ Factors affecting our behaviour and how attitudes are formed

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Course Outline

✓ 02 Day Two

What Is Conflict?

- ✓ How do conflicts evolve?
- ✓ The consequences of conflicts
- ✓ What is the life cycle of conflicts?
- ✓ What is your conflict handling Style- Thomas Kilmann Model?

Identify The Real Issue

- ✓ Examine the Root of the Problem
- ✓ Design the Cause vs Effect Diagram
- ✓ Forgiving is Essential
- ✓ Discuss the Resolution Benefits

Handling Conflicts

- ✓ How can you approach a conflict?
- ✓ Advantages and disadvantages of approaching conflicts
- ✓ Systematically analyze conflicts
- ✓ How to decline a request while avoiding conflicts?

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Course Outline

✓ 03 Day Three

How To Manage Emotions?

- ✓ How do emotions affect discussions?
- ✓ Avoiding emotional decision-making
- ✓ Anger management in resolving conflicts
- ✓ Psychological tactics used in conflicts.

Prevent Conflicts

- ✓ Third-party interventions in resolving conflicts
- ✓ Systems to prevent destructive conflicts in your organization
- ✓ Influence: The Art of Changing Hearts, Minds, and Actions
- ✓ Influence and the psychology of persuasion
- ✓ Action Plan

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
May 24, 2027	May 26, 2027	3 days	3250.00 \$	UAE , Dubai
June 27, 2027	June 29, 2027	3 days	3250.00 \$	KSA , Jeddah
Oct. 18, 2027	Oct. 20, 2027	3 days	4950.00 \$	USA , Los Angeles
Jan. 11, 2027	Jan. 13, 2027	3 days	3250.00 \$	UAE , Dubai

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