

Kişisel Beceriler

# Conflict - Maintaining Emotional Control

Sınıf İçi

3 HOUR WORKSHOP

## Ne öğreneceksiniz

- Understand and apply the steps of the conflict cycle.
- Express emotions in a transformative way.
- Embrace the values that help manage emotions.
- Confidently discuss conflict with others.

## Neden öğrenmek isteyeceksiniz

You'll be better equipped to perform as an influential communicator, problem-solver and focused leader. You'll learn to strengthen interpersonal relationships, manage stress and handle fast-changing workplace conditions. And you'll develop a take-charge attitude initiated with confidence and enthusiasm.

## Size nasıl yardımcı olacak

You will tackle complex challenges, expand your ingenuity, and excel in building team harmony. Use the new skills to become a more persuasive communicator, securing your place as a valued contributor. As you become more adept at influencing, you'll find yourself inspiring others to take initiative and innovate.