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# Conflict - Maintaining Emotional Control

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Strong emotions are both a cause of, and a result of conflict.

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- Identify the steps of the conflict cycle
- Express emotions in a healthy way
- Commit to principles for maintaining emotional control
- Talk through a conflict issue with the other person

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In this workshop, you will address the emotional aspect of resolving conflict. You will discuss why anger, in particular, is an emotion that you have to process and manage for the conflict to be resolved professionally.

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