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# Disagree Agreeably Workshop

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The ability to address contentious situations is a challenging skill for most people. Rather than avoiding conflict, it should be embraced as an opportunity to learn, adapt and respect one another as you work toward an agreement that is mutually acceptable to all team members. Whenever you have more than two people, there's bound to be conflict. Disagreements are a natural and inevitable part of any work environment. It's when they go unresolved that tensions rise, energy is wasted, and productivity suffers.

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This workshop provides insights into your own personality, communication and work style and reactions when dealing with differences of opinion surrounding our "hot buttons." You will not only explore situations that challenge you most, you'll learn to manage your emotions and to express your opinions in a productive way that leads to acceptance, agreeable outcomes, and improved productivity.

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For many, the natural reaction is to avoid disagreements in order to maintain a peaceful and cooperative environment. Yet, we can gain so much from those we disagree with if we can learn to view these situations as learning opportunities, and deal with them in an agreeable and professional way.

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Research shows that successfully resolving disagreements and issues with work associates or in our personal life ultimately results in greater mutual respect and a more positive relationship.