## Navigating Conflict



#### Eric Sloat, ма

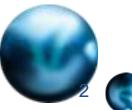




### Nature of Conflict

- Conflict is natural
- Conflict is neither positive or negative it just is
- Nature uses conflict as its primary motivator for change
- It's not whether you have conflict in your life.
  It's what you do with it that matters







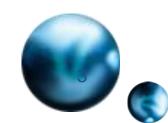
#### DEFENSE MECHANISMS

- Attention Getting
- Rationalization
- Compensation
- Identification
- Projection

- Insulation
- Regression
- Repression
- Fantasy

Negativism







### **Sources of Conflict**

Limited resources

Different goals

Role ambiguity

Work relationships





**Sources of Conflict** 

Individual differences

Organizational problems

Communication problems

• Misunderstandings





# Martial Arts - Aikido

- Non-aggressive
- Neutralizes opponents
- Blends with energy
- Attacker's size is irrelevant





- Connection is reality
- Separation is illusion
- True strength comes from blending energy
- Strive to eliminate tension, fear and boundaries





**Being Centred** 

- A psychophysiological state
- Is strengthened through practice

allows you to be more authentic and open

produces emotional and physical stability





**Being Centred** 

Has a positive effect on relationships

Has a great impact on developing trust

• Brings you to a point of clarity

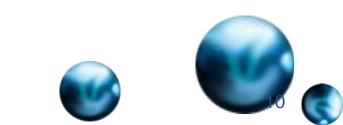
• It is always your choice, at any time





### **Becoming Centred**

- Understanding
- Preparation
- Breathing
- Visualization
- Calm
- Self control





# Be Open to Change

- Change is the most common element in the universe
- Willingness to change eliminates "failure"
- embracing change is choosing your future
- Flexibility promotes expansion over shrinking







#### **Conflict** Becomes



# Contrast





