Navigating Conflict



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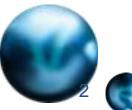




Nature of Conflict

- 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







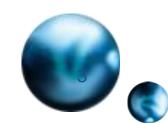
DEFENSE MECHANISMS

- 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

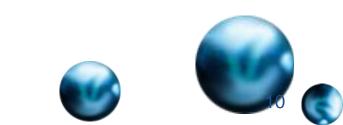
• It is always your choice, at any time





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





