

# Courage Through Conflict

CTC

It's time to reframe conflict as a necessary opportunity to bring out the best ideas and strengthen trust. In this 4-hour virtual learning experience, you will reframe conflict from a threat to an opportunity to bring out best ideas by adjusting our mindset approaching conflict situations, understanding different conflict-handling mode and utilizing better structures to manage conversation during conflict to enhance our courage and confidence to face conflict situations.

## Target Audience

This course will benefit all leaders or individual contributors in corporate organizations, professionals, entrepreneurs and business owners.

**Pre-requisite:** None

## Duration

4 hours (4 credit hours)

## Objectives

This course equips participants with practical techniques to:

- Develop a healthier mindset approaching personal or workplace conflict
- Better understand and adapt to different conflict handling mode effectively
- Leverage easy and effective models to manage conversations during conflict

## Course Topics

- Reframe conflict
- Adjust our mindset and emotion approaching conflict
- Conflict handling modes
- Skillset to manage conversations during conflict

## Desired Outcomes

- Better results in projects
- Optimized performance at work
- Higher self-confidence
- Enhance adaptability and agility in various situations
- Realize unique and repeatable success