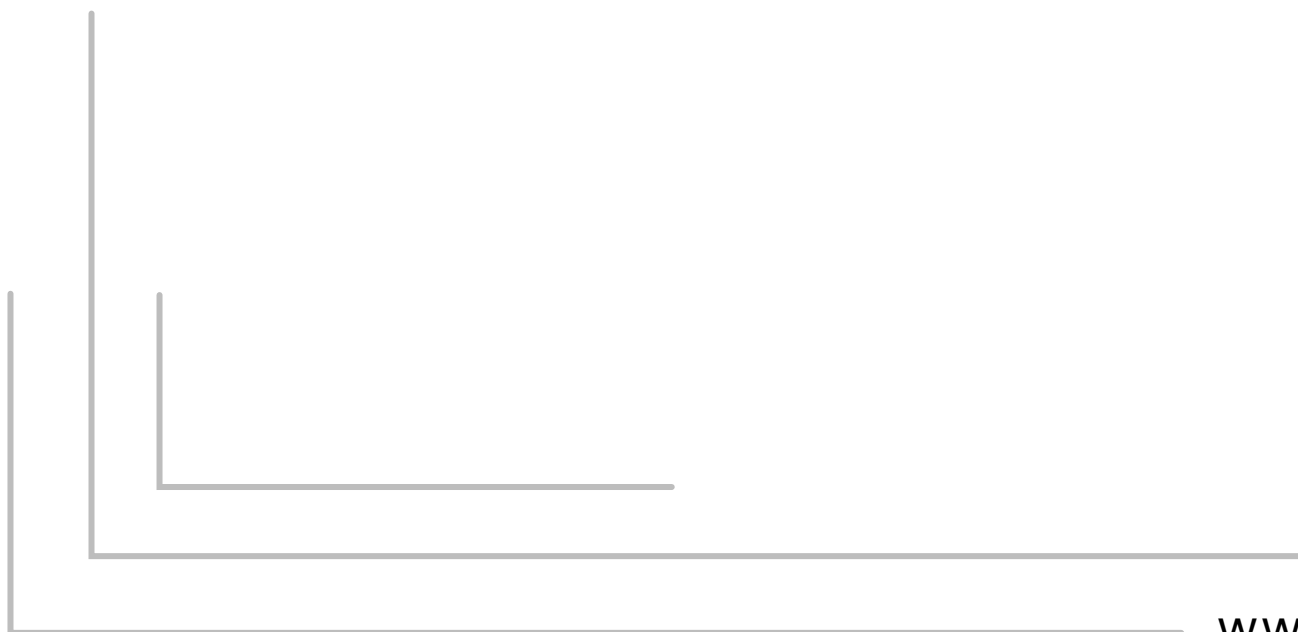




Conflict



**How to manage conflicts
effectively?**





Conflict is everywhere

We face conflicts at

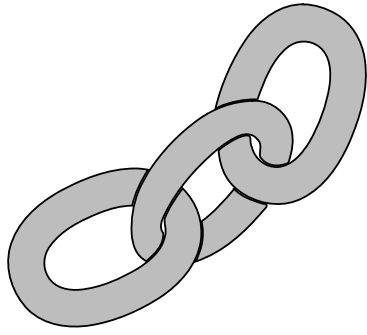
our workplace

our home

grocery store

platform, airport

etc. etc.



It is like a chain

pulling us down
damaging relationships
exhausting us
adversely affecting our life
goals



It is inevitable!

We CANNOT escape conflict.

But we can learn how to
overcome it!



Then how to deal with conflict?

We can

manage

resolve

or better still, transform it into
an opportunity to collaborate!



**You can take 3 steps to efficiently
manage your conflict**



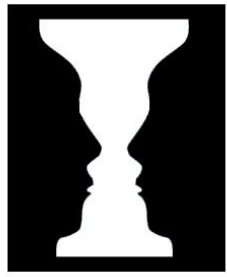
1 Stop hitting the strife

In the famous Greek story, the more Hercules hit Strife (the beast), the bigger it got.

Athena, the Greek goddess of wisdom asked Hercules to stop hitting the strife if he wished to weaken him.



More you react to the conflict, the bigger it will grow!



2 Know the other perspective

It is easier said than done.

But a *role reversal* in your head can do wonders in understanding why the other person is reacting in a particular way.



Remember

“The greatest enemy of any one of our truths maybe the rest of our truths.”

-William James



If it still doesn't seem to work out



3 Seek help from a professional mediator

Professional mediators are trained in helping you walk past the conflict.

Also called *neutrals*, they assist you as third parties in pursuing meaningful negotiations while maintaining confidentiality.



**If you want to consult a neutral or get
trained as one**

contact:

 samvadmediation@gmail.com



www.samvadmediation.com