

Resolving conflicts



CONFLICT RESOLUTION

It is the ability to find peaceful solutions when people disagree

WHY IS IT IMPORTANT?

- Builds stronger friendships.
- Reduces stress and helps avoid fights.
- Improves teamwork.



GOOD CONFLICT RESOLUTION

- "I listen before I speak!"
- "We can find a solution together!"
- "I can stay calm and explain how I feel!"

SUPER TIPS!

- Take deep breaths before responding.
- Listen carefully to what the other person is saying without interrupting.
- Work together to find a solution.



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REMEMBER THIS!

Conflict is not the end of a relationship; it's a chance to make it stronger.