

Conflict Resolution & Collaboration Workshop Experience

Overview

This 3-hour team session transforms conflict into self-awareness and forward motion.

Participants will learn how to analyze conflict through the lens of Archetypes. By identifying a conflict, revisiting their Story Profiles, and leveraging narrative intelligence, participants will develop action plans for productive dialogue and stronger collaborations.

The group will also practice a team process for navigating potential conflicts.

Key Outcomes

- Identify ways you unconsciously contribute to conflict.
- Learn a process to quickly deconstruct and reframe conflict.
- Practice skills for resolving conflict by learning *it's the pattern, not the person.*
- Enhance understanding of what motivates and demotivates teammates.

Agenda

Prework	*Team Storytelling Workshop* • Everyone should have a Story Profile
Part 1 1/2-hour	*Archetypes in Conflict* • Facilitator sets up 'Archetypes in Conflict' conversation sharing an interpersonal conflict in a workplace setting and reframing it through the lens of Archetypes.
Self-Reflection 1/2-hour	*Reframing a Conflict* • Participants will complete the 'Conflicts & Connections' exercise – choosing a current or past conflict to analyze and reframe. • They will have digital access to resources to help them determine the root cause of the conflict and strategies for finding middle ground.
Part 2 1.5-hours	*Exchanging Stories* • In small group break-outs of up to 15 people, each person takes up to 5 minutes to share their conflict and action plan.
Part 3 1/2-hour	*Put it into Practice: The PASS Process* • The team will learn and practice how to address potential conflicts in real-time.

Archetypes provide the language for people to understand conflict. New conversations emerge from being able to use this language.

WORKSHOP PARTICIPANT