

CONFLICT WITHOUT THE DRAMA: HOW TO STAY HUMAN WHEN THINGS GET SPICY

WHAT IS IT?

Conflict isn't the problem, how we handle it is.
Healthy conflict creates clarity, trust, and better decisions.
Unhealthy conflict creates avoidance, tension, and emotional landmines.
This session helps people understand their conflict style, communicate with more awareness, and navigate tension without drama, shutdown, or defensiveness.

WHY IS IT IMPACTFUL?

When conflict feels unsafe, people avoid, explode, over-explain, or shut down.
When conflict feels safe, people collaborate, problem-solve, and build stronger relationships. This session helps participants recognise their patterns, understand what happens in the brain during conflict, and learn tools to communicate with clarity, curiosity, and emotional steadiness.

HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Understand the nervous-system response behind conflict (fight, flight, freeze, fawn).
- ✓ Identify their personal conflict style and the triggers that activate it.
- ✓ Explore how assumptions, tone, and unmet needs shape communication.
- ✓ Practise tools for grounding, listening, and speaking with clarity instead of reactivity.
- ✓ Learn simple frameworks for navigating difficult conversations with confidence and compassion.

THE RESULT?

Feel more equipped to handle tension without spiralling, shutting down, or escalating.
Gain the skills to communicate clearly, stay grounded, and build trust, even in uncomfortable moments.

