

# NAVIGATING POLITICAL TENSION IN THE WORKPLACE

How to maintain a professional and harmonious work environment for yourself and your teams

## SESSION

In today's increasingly polarized environment, political tensions can seep into the workplace, creating stress and conflict among team members.

Politics is a stressor that's complicated and multifaceted, partly because it can trigger such a wide variety of emotions, ranging from worry, sadness, and despair to outrage, disgust, anger, frustration, and more.

This session will help you be prepared for political tensions, guard against conflicts, establish ground rules for discussions, manage anxiety and stress, and practice self-care.

Whether you're a leader or an employee, this webinar will equip you with the skills to handle sensitive topics with confidence and professionalism.

## KEY OBJECTIVES

### 1. Prepare yourself for Tension

The political landscape is more divisive than ever, with global and local issues influencing workplace dynamics. Be prepared to deal with the 'Elephant in the Room'

### 2. Guard against Conflicts

Develop strategies to avoid conflict, disengage from divisive conversations, and set clear guidelines and boundaries for respectful and constructive discourse.

### 3. Manage Anxiety & Stress

Discover techniques and tips to stay calm during tense moments and establish solid sustainable self-care practices to manage election stress disorder.



## AT A GLANCE

### KEY POINTS

- Politics is the Elephant in the Room
- Set Ground Rules and Boundaries
- Focus on Common Ground & Values

### TAKEAWAYS

- Election Stress is a Real Issue
- Boundary Setting is Critical
- Constructive Dialogue is Key



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