

# Conflict as Catalyst

'You like to-MAY-to and I like to-MAH-to'

- should we call the whole thing off or use our differences to our advantage?

Conflicting viewpoints can be the catalyst for:

- Innovation
- Building strong relationships
- Greater self-awareness

Equally, conflict can get us into trouble:

- Stress
- Anger
- Frustration
- Broken relationships
- Poor decisions

Most of us have one or two ways that we usually respond to conflict. These are great in some situations but can be disastrous in others.

The 'Conflict as Catalyst' workshop will help you identify how to turn conflict into a catalyst for change. We will explore all the options available and then discuss the methods of choosing the approach that will have the best results opposed to the one we are most comfortable with.

