

THE LEADERSHIP LAB: LEADING THROUGH CONFLICT JOURNALING



WHEN CONFLICT IS AVOIDED OR LEFT UNADDRESSED, IT CAN SNOWBALL INTO LARGER PROBLEMS. THOUGH CHALLENGING AT TIMES, WORKING THROUGH CONFLICT IS ESSENTIAL, ESPECIALLY AS A LEADER.

dive deeper

RECALL A CONFLICT EXPERIENCE YOU'VE HAD PROFESSIONALLY. HOW DO YOU FEEL YOU HANDLED IT, IN RETROSPECT? HAVE YOU LEARNED ANYTHING ABOUT YOURSELF SINCE THAT WOULD ALTER YOUR RESPONSE NOW?

explore

EXAMINE HOW UNDERLYING BELIEFS MAY BE SHOWING UP IN HOW YOU APPROACH AND NAVIGATE CONFLICT. CONSIDER IF THE BELIEFS ARE VALID AND TRUE.

MY CONFLICT BELIEF OR FEAR	IS THIS BELIEF VALID AND TRUE, OR FALSE AND LIMITING? WHY?	WRITE AN ALTERNATE CONFLICT BELIEF OR STATEMENT