

THE LEADERSHIP LAB: LEADING THROUGH CONFLICT



reflection

RECALL A RECENT CONFLICT. WHAT WAS THE TRIGGER, AND HOW DID YOU RESPOND?

WHICH CONFLICT STYLE (AVOIDING, COMPETING, COMPROMISING, ACCOMMODATING, COLLABORATING) DID YOU USE? WAS IT EFFECTIVE?

HOW DID THE CONFLICT IMPACT YOUR RELATIONSHIP WITH THE OTHER PERSON OR TEAM?

activity

USE THIS TABLE TO EXPLORE HOW THESE CONFLICT STYLES SHOW UP IN YOUR LIFE:

CONFLICT STYLE	WHEN I USE IT	IMPACT ON ME/TEAM	ALTERNATE APPROACH
AVOIDING			
COMPETING			
COMPROMISING			
ACCOMODATING			
COLLABORATING			

action

WHAT'S ONE STRATEGY I WILL TRY IN MY NEXT CONFLICT SITUATION TO LEAD MORE EFFECTIVELY?