

## **Conflict Resolution: A Peak Performance Strategic Plan**

**Program Length: Full Day ( 6 hours )**

<b>Module 1</b>	<b>Understanding Conflict Patterns of Behavior Constructive Behavior</b>
<b>Module 2</b>	<b>General Adaptation Syndrome Your Horse &amp; Rider Behavioral EQ Conflict Modes</b>
<b>Module 3</b>	<b>Understanding Your Conflict Style Scores</b>
<b>Module 4</b>	<b>Dealing With Choice Points Making Conscious Choices What Does Conflict Look Like With Each Style</b>
<b>Module 5</b>	<b>Five Key Steps The Steps To Minimize Conflict Repairing The Relationship</b>
<b>Module 6</b>	<b>Additional Strategies Why Problems Don't Get Solved The Three Step Model</b>

**Additional Information: This highly interactive program consists of self-assessments and group work which encourage self-discovery and a commitment to action. All participants will be encouraged to develop an action plan.**