

PRAELISCERE

CHECK IN MEETING EXERCISES - CONFLICT FOCUS

We don't always have time for a formal training or exercise to do with a team. Shorter 5-10 minute exercises can be perfect options to include in monthly or periodic check in meetings with a leader and their team members. Choose one of the three activities below that best fit your needs.

THIS OR THAT

In the exercise, share which of the two you'd prefer (this or that) related to conflict. You are welcome to share the reasoning behind your selection.

- Avoid conflict OR address it
- Use written communication to address conflict OR in person/virtually to address conflict
- Give benefit of the doubt OR take it more personal
- Get nervous when addressing conflict OR unfazed by conflict
- Hold on to the conflict OR forget the conflict more quickly

SCENARIOS

Identify two scenarios that involved conflict you want to bring up and talk through. It could be a mixture of scenarios that were handled good or bad, currently ongoing, ones still bothering you, or not yet handled.

SCENARIO #1

SCENARIO #2

DISCUSSION QUESTIONS

Discussion questions can be a great way to dive into the topic of conflict and gain new insights on the topic, how you handle it and perspectives of others.

- How comfortable are you with conflict? Does it depend on who the conflict is with?
- Where do you think you can grow with conflict? Where do you think you're excelling?
- Have you had bad experiences with conflict in the workplace that strongly influences how you respond to conflict now?
- Do you want to learn more about conflict and skills/techniques?
- Do you think your company or team culture is fostering healthy conflict at work? How could it improve? How can you influence this improvement?