

Change Management Strategies and Conflict Resolution





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#### Introduction

Take a step in the right way with this thorough, industry-standard Change Management and Conflict Resolution course created by knowledgeable professors if you want to further your dream career and obtain a strong understanding of these topics.

The core of this Change Management Strategies and Conflict Resolution Training course involves using dependable techniques to assess your individual conflict-resolution style, and we'll coach you through any problems that emerge as a result of the test results.

We make use of the well-known Thomas Kilmann TKI Conflict Resolution Instrument in this in-depth and enlightening workshop. All elite organizations have used this technology to build cooperative teams for top performance.

## **Course Objectives**

At the end of this course, participants will be able to:

- Recognize the primary sources of conflict.
- Investigate and comprehend the origins of disputes.
- · describing effective ways to handle conflict
- Develop efficient communication techniques to boost teamwork and production.
- Create and carry out practical communication action strategies.
- Recognize the essential factors for long-lasting change.
- Recognize the necessity of accepting accountability for driving change.
- Learn the skills necessary to lead change.
- Become more self-aware and realize your full leadership potential.
- Manage interpersonal interactions quickly, demonstrating mastery in all areas from level one through level four.

## Targeted Audience

- All Managers and Leaders who wish to enhance their competencies in change management
- All Human Resource HR Personnel
- Leaders & Supervisors who need to take charge of and resolve conflicts or difficult situations that could have a negative impact on performance, effectiveness and relationships
- Junior / Middle Managers new to their role, or with experience but little previous training

#### Course Outline

#### Unit 1: Viewing Conflict in Context

- Motives for why disagreements arise
- An individual's perspective on conflict and resolution
- · emotions present in a scenario of conflict
- recognizing and resolving the causes of conflict escalation



- What does the term "conflict management" mean?
- · When and where do conflicts occur?
- How to manage conflicts effectively.
- The Communication Bridge is an exercise.
- How can miscommunication be avoided?
- Our response to a disagreement.

# Unit 2: Change Management

- Exercise for Change: The Ball.
- Personal development and change techniques.
- The curves of change.
- · creating lasting change.
- The eight steps of Kotter for lasting change.
- a change's five stages.
- Burning Platform
- Change Exercise: Take a Chance!

#### Unit 3: Conflict Resolution

- The Thomas Kilmann TKI Conflict Resolution Instrument
- · Exercise: Building collaboration quickly and easily
- Exercise: A Trip to the Theatre!
- Exercise: Win as Much as You Can!
- The 2 types of communication
- DVD The Ten Most Difficult Types
- The 4 results of every communication

#### Unit 4: Developing the Core Skills Needed to Successfully Prevent and Resolve Conflict

- Communicating effectively as a means of preventing and managing conflict
- · Active listening
- · Adapting to individual Personality Types as a conflict resolution skill
- · Applying assertiveness skills to resolve conflict

## Unit 5: Personal and Organisational Conflict Resolution Skills

- Examining a personal conflict situation
- Applying conflict resolution skills to a personal conflict situation
- Identifying preferred conflict handling styles
- · Conflict solving options and when to use them
- · Additional strategies for reducing specific conflict