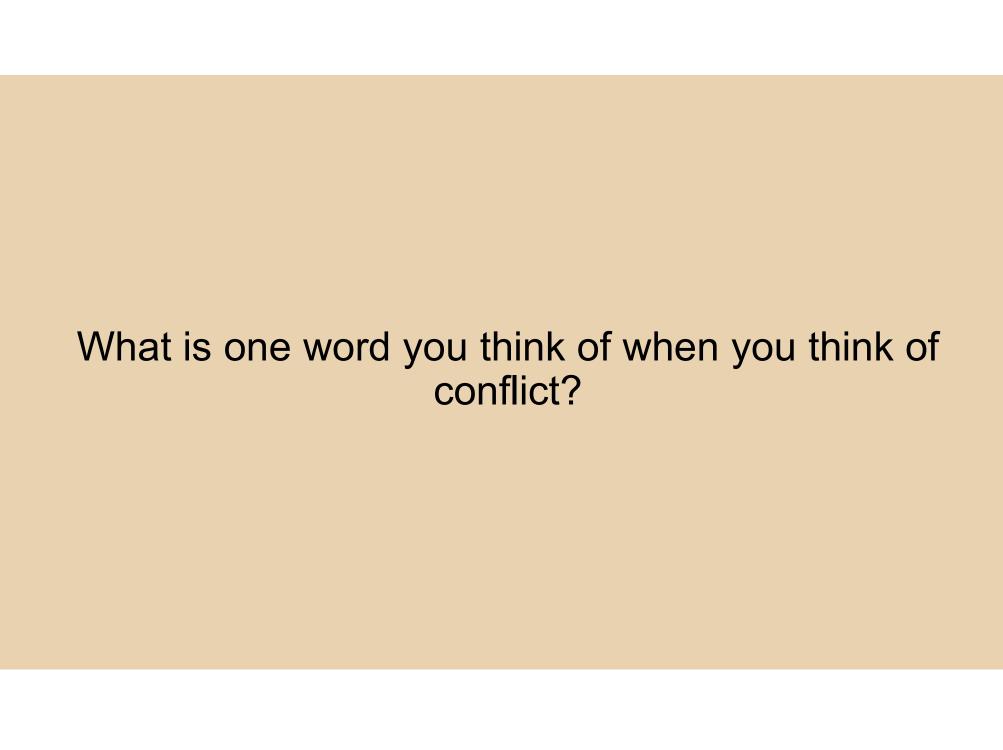
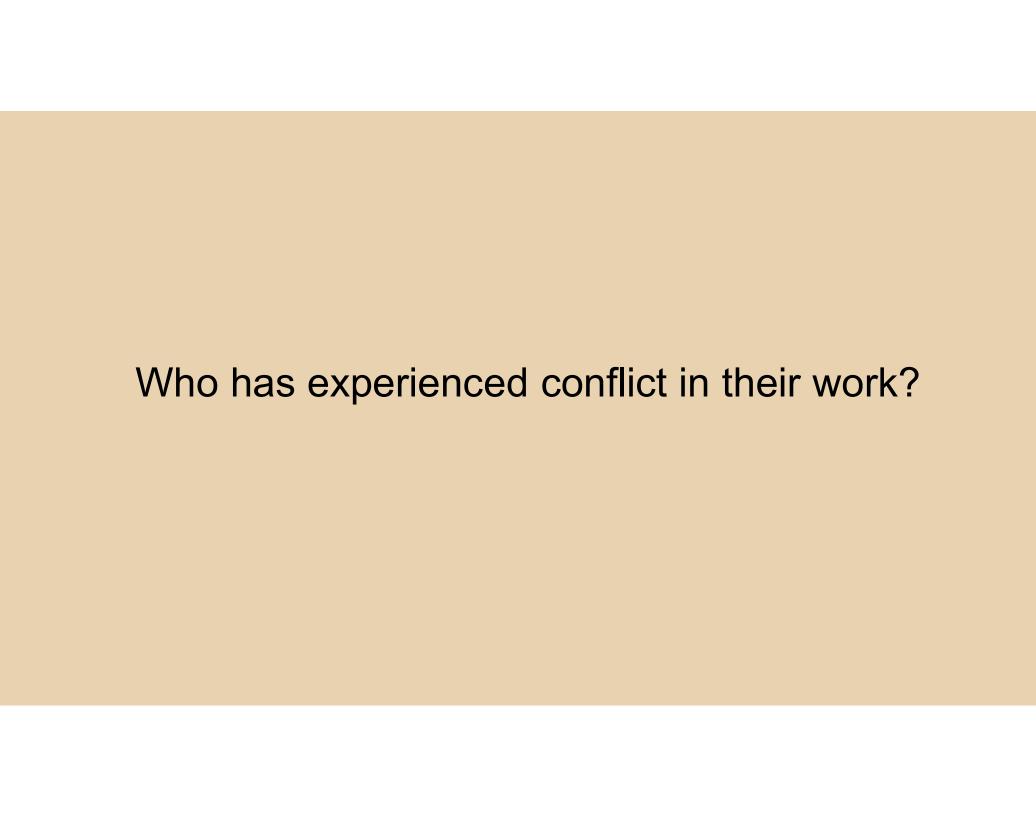




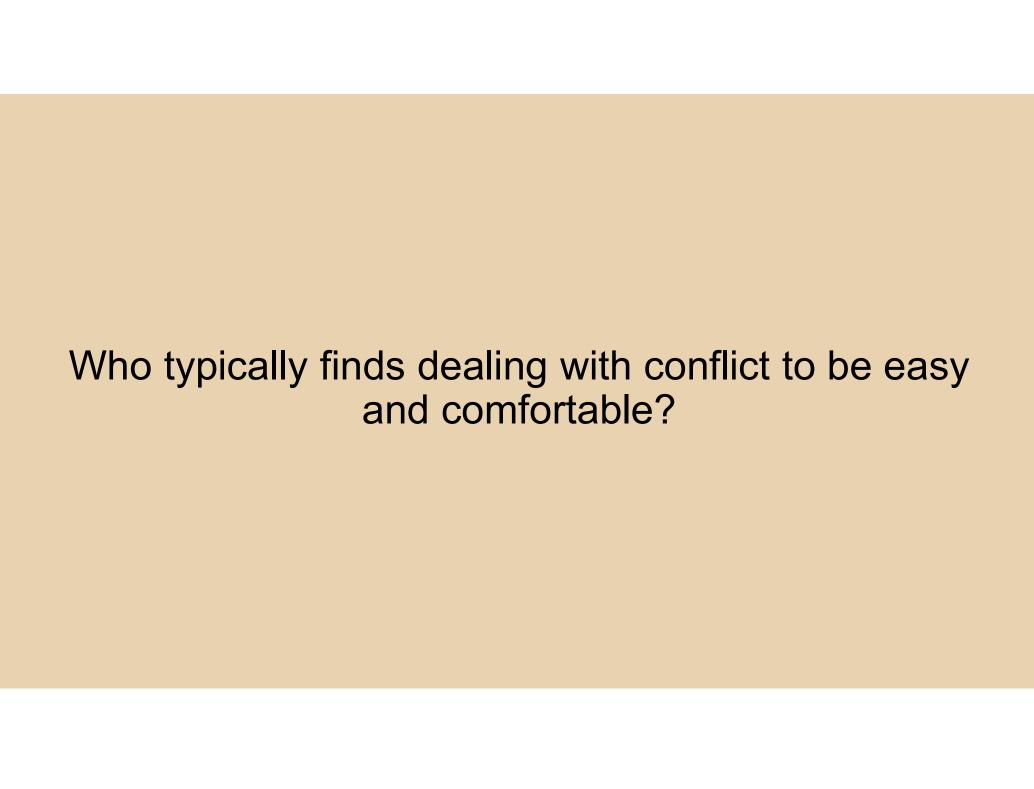
#### Purpose:

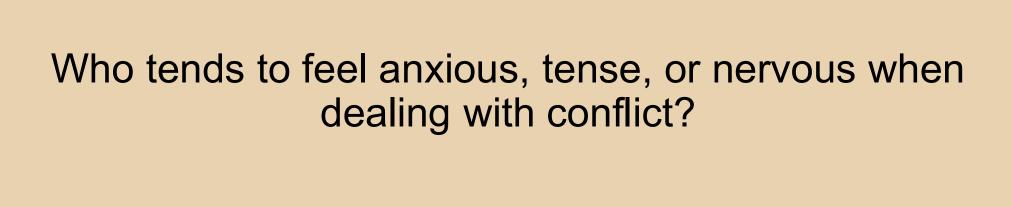
To reframe conflict to liberate each of us in our professional and personal lives





# Who has experienced conflict in their personal life?



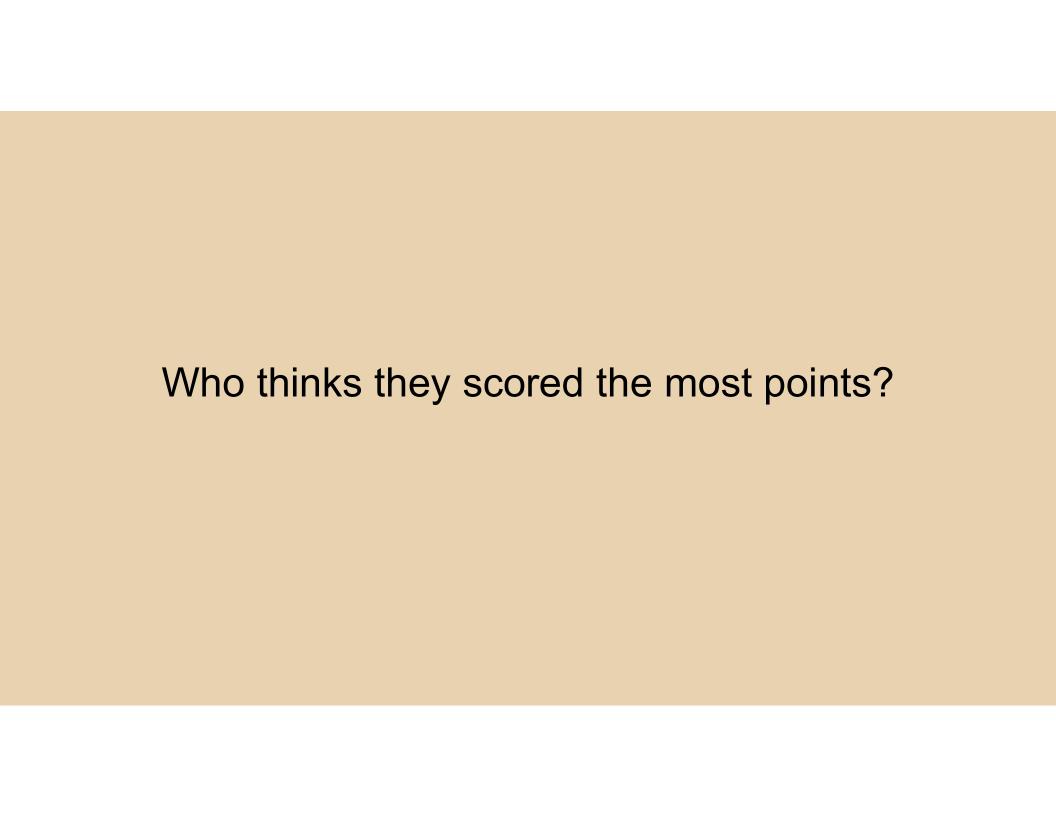


Let's start with a little exercise...

## Thumb wrestling!

Goal: Score as many points as you can in 15 seconds

NO TALKING before or during the round



## Thumb wrestling!

Round 2:

Goal: Score as many points as you can in 15 seconds

Talk with your partner for 30 seconds BEFORE the round

NO TALKING during the round

Who thinks they scored the most points?

What did you do?

## **Lessons from Thumb Wrestling**

- Some issue of mutual concern (an opportunity or challenge) brings people into interaction with each other
  - "Score as many points as you can" = issue of mutual concern
- People have different needs and concerns (i.e., interests) related to the issue of mutual concern
  - o They have conflict!

## **Lessons from Thumb Wrestling**

- People often assume the situation is zero-sum, but it isn't
  - There is potential to create value for all parties (i.e., mutual gains) through working together on the issue of mutual concern
- There is potential for all parties to lose value by not working together on the issue of mutual concern

## **Lessons from Thumb Wrestling**

- To create mutual gains, parties must reach agreement on and implement an effective joint strategy
  - I.e., they must negotiate
- Effective communication is key to identifying and implementing a joint strategy
  - Talking is not enough; you must talk about the right things
- Parties must have confidence in each other to follow through
  - If one party does not follow through, it will erode confidence, and future dealings will likely be more difficult



#### What is conflict?

The intersection of different perspectives, wants, or needs that are in tension with each other and not easily reconciled



### Conflict just is

- No matter what kind of work you do whether you are a policy-maker, attorney, planner, resource manager, developer, scientist, advocate, or otherwise you are going to encounter diverse perspectives and interests
- The question isn't whether you will encounter conflict the question is what you will do when you do encounter conflict

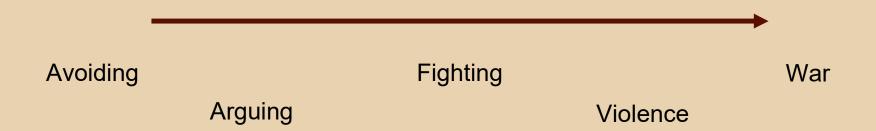
Why is conflict so difficult for us?

The fact that we see conflict as a problem is a problem

Why is seeing conflict as a problem a problem?

We become **dysregulated** when we think conflict is a threat

## Unproductive ways of dealing with conflict





So how do you do conflict?

### Develop conflict competence skills

The ability to deal with conflict skillfully (i.e., to make conflict productive - and not destructive)

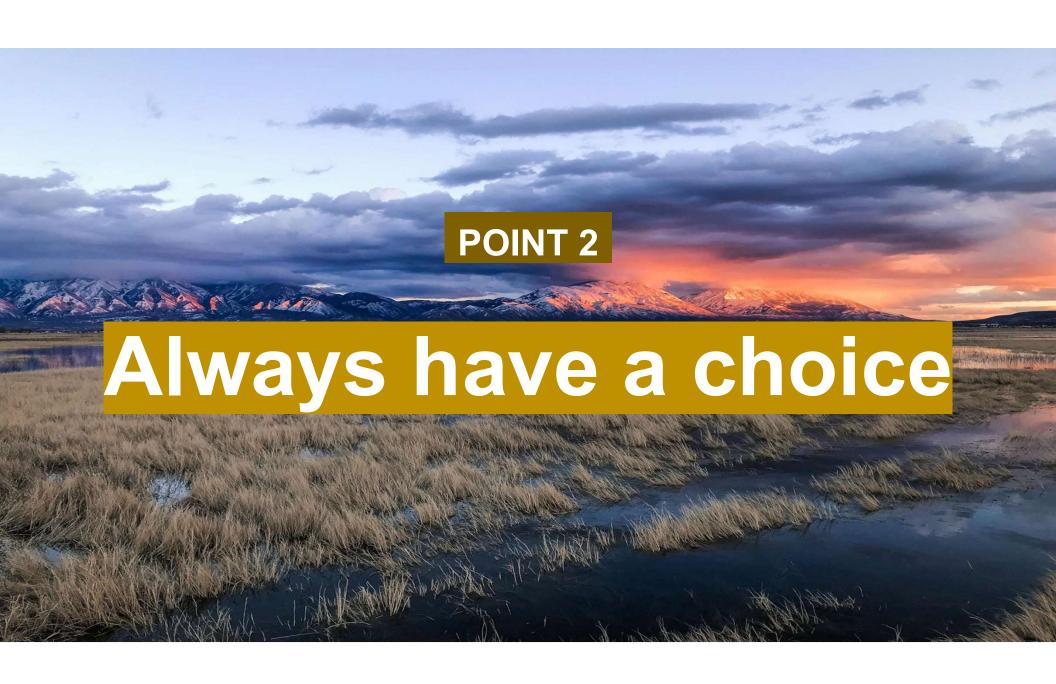
## Conflict competence is NOT

Just being nice

Compromise

Disagreeing better

"Sit down, shut up, and get along"



Conflict just is

Conflict can be destructive if poorly dealt with

Conflict can be productive and generative if skillfully dealt with

How parties deal with conflict will determine whether it is productive or destructive

Conflict competence is key to making conflict productive

Conflict competence also helps us avoid conflict becoming destructive and resulting in disputes

When we need to reach agreement on courses of action, we need to collaborate

Collaboration means "to co-labor" - it is all about working together to make conflict productive, and it is rooted in interest-based negotiation

Conflict competence and collaboration are pragmatic skill sets that anyone can learn (and everyone should know!)

Fight Flight Freeze Fawn

Flight
Flight
Freeze
Fawn

Fight
Flight
Freeze
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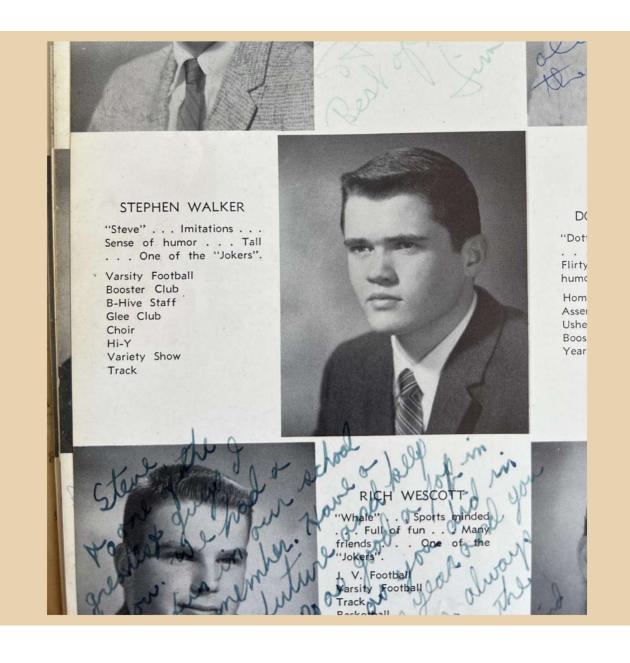
Fight Flight Freeze Fawn

Fight Flight Freeze Fawn

# Which responses have you done in the past, if any?

Fight Flight Freeze Fawn "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

- Attributed to Viktor Frankl



#### Miami Business Journal

#### Steve Walker's rapid growth puts ad agency atop billings list

By John Sugg Twelve adversing agencies, including virtually all of South Florida's heavy-weight firms, recently went note to ore for a plum of an account.
The client, a 65-acre theme park called Atlantis now being built in Bro-sard County, took great that did award County, took great that did award county took great that did to the country of the country of the properties of the country of the Bro-shot media wards were brought in from New York to analyze the agen-cies' proposals.

in from New York to annays surcies' proposals.

The winner was Steve Walker &
Associates, a Fort Lauderdale agency.
The selection raised some cyclrows in
the ad communication princing, and one
agency president. "I know Walker has
some large accounts, but he mostly
known as an automotive agency, isn't
he?".

her." The answer to that question is yes ... and p. walker made ho mark in South Florida by handing auto accounts. His biggest client, and perhaps the biggest count handed by a South Florida to the hand of the

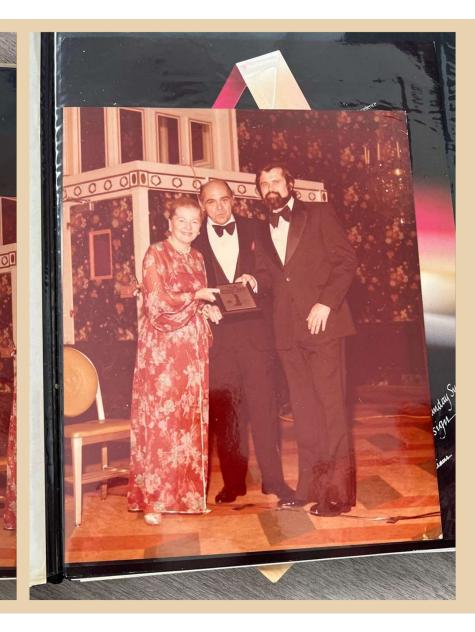
the wane.
"We'd like to be really big time now,"
Walker said.

We one to the service of the service



street as everyone che. I don't need to be a member of the clash to be successful. That goi-t-alone attitude has not won Walker the affection of many colleagues. When the affection of many colleagues was a street as the successful and the su

scribed the sophisticated capabilities of a new agency computer system. But the creativity has to be inhered. Creative is what is visible. After coveryhing check the creativity has to be inhered. Creative is what is visible. After coveryhing check the creative. And that the creative has the creative. And that the tempt of the creative. And that has the creative has a side of the creative has a si













#### Focus on interests, not positions

Interests

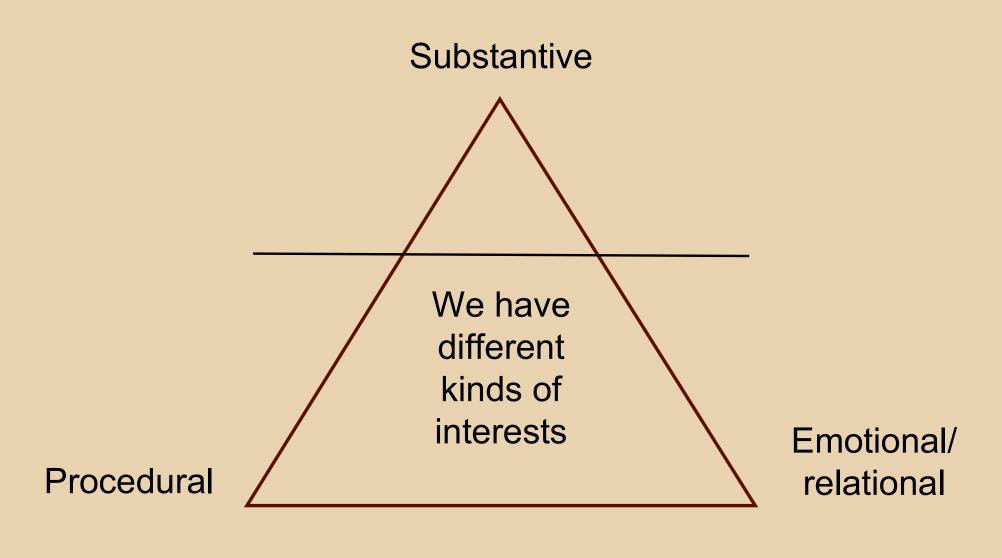
**Positions** 

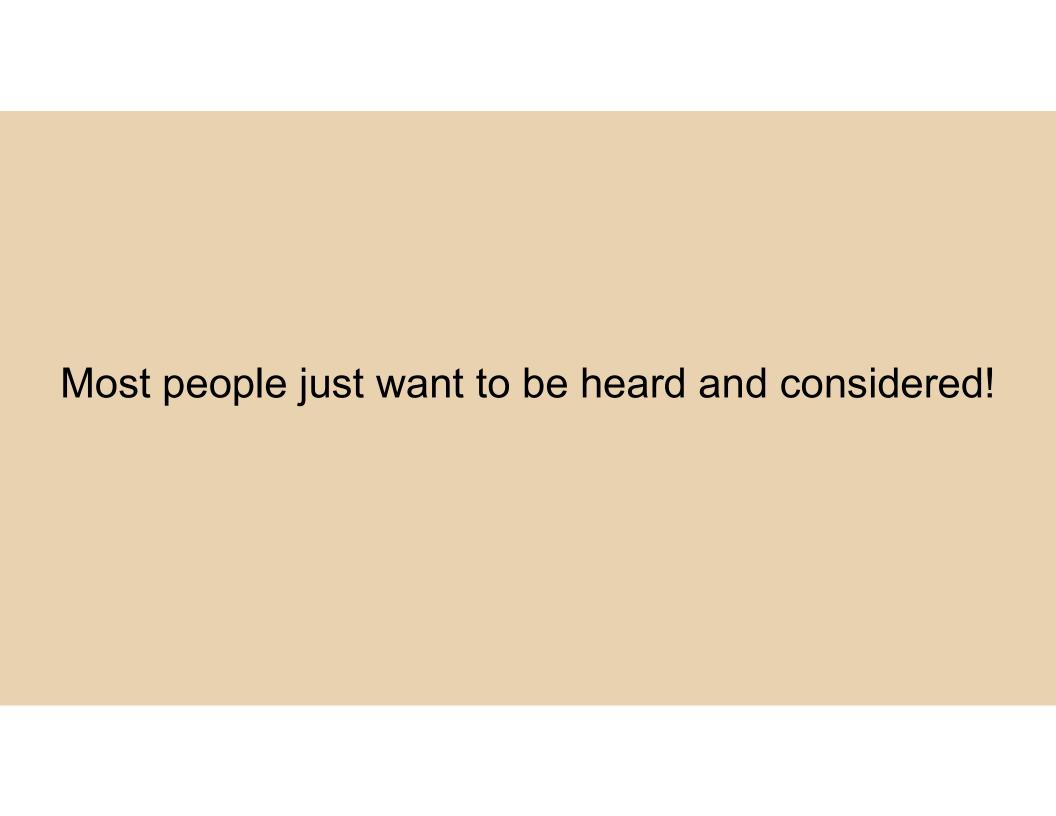
The "why"

The "what" or "how"

Fundamental needs or concerns

Specific solutions or strategies





Collaboration is *not* just "being nice" or "let's all get along" or compromise

It is a pragmatic approach based on interest-based negotiation

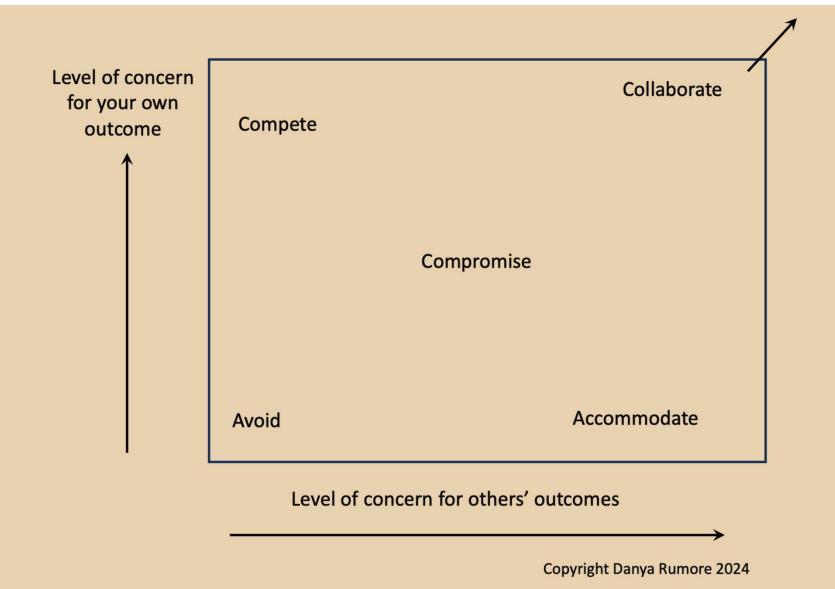


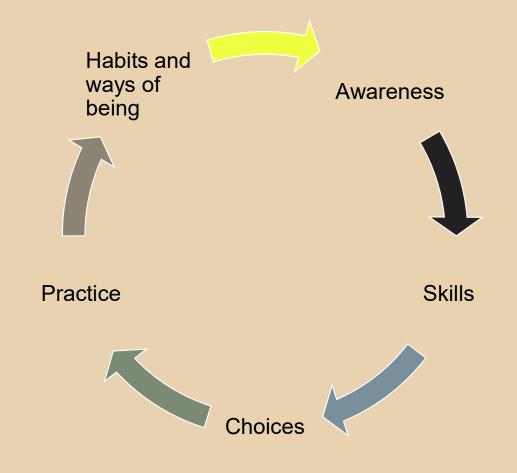


Collaboration is all about:

Effective problem solving &

Help me help you help me





## Do you choose to see and treat conflict as a problem?

Do you choose to see and treat conflict as a problem?

Or as an opportunity for growth, innovation, and effective problem solving?

Do you default to unproductive conflict tendencies (such as defend or protect behaviors)?

Do you default to unproductive conflict tendencies (such as defend or protect behaviors)?

Or do you choose to deal with it skillfully (and learn how to do so)?

Remember....

Conflict just is

Always have a choice

Negotiate your interests, not positions

### Gateway + Natural Amenity Region (GNAR) Initiative Resources

GNAR Academy
Fundamentals:
Gateway Community
Leadership 101
online course

jordan.katcher@law.utah.edu

www.law.utah.edu/stegner-center/edr/

www.extension.usu.edu/gnar/



# Wallace Stegner Center EDR Program Resources

**EDR Blog** 



Free tools and resources



jordan.katcher@law.utah.edu

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www.extension.usu.edu/gnar/

Collaboration Certificate Course

