

Jo Bunker Training

Course: Conflict Coaching One-to-One

Who should attend?

Anyone whose would benefit from focused one-to-one support to develop their skills to manage conflict better, and whose role requires them to use conflict resolution skills.

Conflict coaching offers focused input in a confidential setting, a chance to think about and evaluate behaviour and choices in situations and to identify possible ways to move forward.

Overview

One-to-one conflict coaching provides a practical and supportive environment with an experienced conflict specialist to develop or improve the way they deal with conflict. It provides individuals with the opportunity to develop insight into what might be happening in particular situations, to work on skills to resolve conflict in a constructive way and practice alternative behaviours to challenging issues.

The coaching is designed around the specific needs of the person handling the conflict, and can assist them to evaluate behaviours and choices, gain clarity and plan constructive steps and strategies for future situations.

One-to-one coaching can also be used as a preventative tool – to assist people to be able to de-escalate and manage conflict that might arise in the future.

Focus and Benefits:

- Focused input from an experienced conflict specialist
- Learning designed around an individuals specific needs and level of experience
- An independent perspective to evaluate a difficult situation
- A confidential setting to reflect on tactics and skills for confronting conflict
- A focused environment to identify ways forward in learning
- How to seek and provide support from other members of staff
- How to work more effectively as a team
- Awareness of responses during and after a stressful event
- An opportunity to plan future steps to build on the learning

Course Information:

One-to-one coaching is designed around the specific needs of the person who is handling the conflict, as well as the needs of your organisation and the complexities of the specific situation.

Therefore the duration of the learning can vary from a few hours to a full day, and from a single workshop to more.

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