



Dynamics of Conflict Management

Conflict Dynamics Coaching

is a personalized program designed to address your unique leadership and interpersonal needs. Through the program, you'll gain a healthier perspective on conflict, recognizing that while conflict is inevitable, how we respond to it can become a powerful opportunity for growth and understanding.

As part of the coaching process, you'll complete the **Conflict Dynamic Profile (CDP)** assessment, which provides valuable insights into your constructive and destructive responses to conflict as well as your personal "hot buttons." Along with a detailed development guide, you'll receive on-on-one coaching session and/or group presentations to deepen your skills in effectively managing and navigating conflict.

By the end of this program, you'll have practical strategies to approach conflict in a **productive, healthy, and confident manner**, enhancing both your leadership effectiveness and interpersonal relationships.



Conflict Dynamic Profile Feedback Report
& Development Guide

Key Benefits

- Develop constructive conflict resolution skills.
- Improve communication and collaboration.
- Gain self-awareness of conflict triggers ("hot buttons").
- Increase leadership confidence in challenging situations.
- Build stronger, more positive workplace relationships.

Who Is This For

This program is ideal for leaders, managers, and teams who want to..

- Strengthen their ability to handle conflict productively.
- Foster better communication and collaboration.
- Create a healthier, more positive workplace culture.

Client Testimonial:

"Working with Lisa Perez through the Conflict Dynamic Coaching has helped me gain a better understanding of how to use constructive responses to conflict verses destructive responses. It also gave me the insight to recognize that conflict is unavoidable and how to respond to conflict. The program has been beneficial for myself as well as for my team. I highly recommend this program."

M. Freeman, Chief Human Resource Officer

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