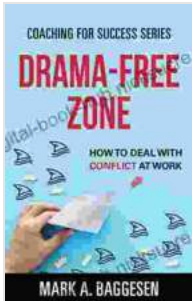


# How To Deal With Conflict At Work Coaching For Success



## Drama-Free Zone: How to Deal With Conflict at Work (Coaching for Success Series Book 2) by Mark Baggesen

★★★★☆ 4.3 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 1046 KB   |
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| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 121 pages |
| Lending              | : Enabled   |



Conflict is a natural part of life, and it can be especially challenging to deal with conflict at work. When conflict arises, it's important to remain calm and professional, and to focus on finding a solution that works for everyone involved.

## What Causes Conflict at Work?

There are many different things that can cause conflict at work, including:

- **Differences in personality or work style**
- **Competition for resources**
- **Unclear expectations**
- **Poor communication**

- **Unfair treatment**

## **How to Deal with Conflict at Work**

If you find yourself in a conflict at work, there are a few things you can do to try to resolve it:

1. **Stay calm and professional.** It's important to remain calm and professional, even if you're feeling angry or upset. This will help you to think clearly and to avoid saying or doing something you regret.
2. **Identify the source of the conflict.** Once you understand what's causing the conflict, you can start to work on a solution.
3. **Talk to the other person involved.** If possible, try to talk to the other person involved in the conflict. This will give you a chance to hear their side of the story and to try to come to a resolution.
4. **Be willing to compromise.** In most cases, you'll need to be willing to compromise in order to resolve a conflict. This means finding a solution that works for both of you.
5. **If you can't resolve the conflict on your own, seek help from a third party.** If you're unable to resolve the conflict on your own, you can seek help from a third party, such as a manager, HR representative, or mediator.

## **Coaching for Success**

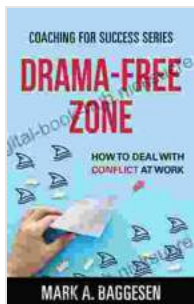
If you're struggling to deal with conflict at work, there are a few things you can do to improve your skills. One option is to work with a coach. A coach can help you to:

- Identify the root causes of conflict
- Develop strategies for dealing with conflict
- Improve your communication skills
- Build stronger relationships with your coworkers

Working with a coach can help you to become more effective in dealing with conflict and to achieve greater success in your career.

Conflict is a natural part of life, and it can be especially challenging to deal with conflict at work. However, by following these tips, you can learn to deal with conflict effectively and to achieve greater success in your career.

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