



THE ZAG WAY: A COMMITMENT TO COMMUNITY

Resolution Center for Student Conduct and Conflict
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Conflict Coaching

A one-on-one meeting or series of meetings with a conflict coach provided as a service by the Resolution Center for Student Conduct and Conflict. The meeting provides an opportunity to explore the conflict, develop and practice new interaction strategies, and formulate an action plan for moving forward. Conflict coaching can also be useful in developing more effective communication and conflict management skills.

You are in control about decisions regarding your conflict situation while your coach provides care, accountability, and questions about the conflict.

Benefits

1

Conflicts are parts of relationships. Learning to manage differences more effectively while respecting the dignity of all parties involved is an important life skill.

2

Whether you need assistance with communication skills or recognizing the roles people are taking within a conflict, meeting with a coach can bring clarity to the situation.

3

If you think conflict coaching might help your disagreement, contact the Resolution Center for Student Conduct and Conflict for a consultation meeting.

The Process

During the session you will:

Discover the story.

Spend time describing the conflict so your coach has a more complete understanding of the conflict.

Explore the story.

You will work with your coach to look more into issues of roles, feelings, and power in the conflict so you have a better understanding of what is working and not working in the conflict.

You will also spend time thinking about what the other party in the conflict is experiencing.

Crafting the best story.

You will work with your coach to create ideas for what the future looks like.

What do you want to achieve?

Are there any skills you still need help with?

Enacting the best story.

Your coach will work with you to identify the right tools to help you be successful.

Some of the resources available include communication activities, a conflict style inventory, and an emotional and social awareness workbook.