

Conflict & communication

Conflict and stress are important parts of everyday life and, managed properly, can motivate growth as a corner stone in any evolutionary process. In fact, conflict and stress can be healthy as well as necessary.

However, mismanaged conflict and stress causes dissatisfaction and damage to individuals, relationships and their social and professional networks. This damage then manifests as the worst in family dynamics and office politics fuelling resentment and blame, tension, gossiping, depression, anxiety and stress, often resulting in extensive time off work or in the case of a marriage – divorce.

Born into social groups, each one of us has a social role, an identity, that is fostered in family, and that will manifest in us for life. Knowing what this 'primed identity' is and accepting this aspect of ourselves allows us to learn how to better manage our own experience of conflict, placing us in 'curious' rather than 'offended' or seeking control.

Unsurprisingly communication is everything. But most communication skills training starts at the end of a process where you are communicating with someone else. Where you are taught how to say 'the right thing' to get what you want – an enormously stressful and conflicted experience in itself where successful communication is measured in terms of control of the outcome of the other person or event.

But when you are operating in circumstances beyond your control, where you cannot influence the outcome, the frustration can significantly exacerbate that stress.

Efficient communication begins with you. There is nothing so powerful and effective as a strong sense of respectful identity emanating from someone in relationship, asserting a curious yet bounded presence, immediately transforming any conflict into opportunity for growth.

The goal is self representation with dignity and respect; let that be the desired outcome.

**If you think you suffering with conflict & communication problems then
give us a call, we can help**

Call 020 7323 4970

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