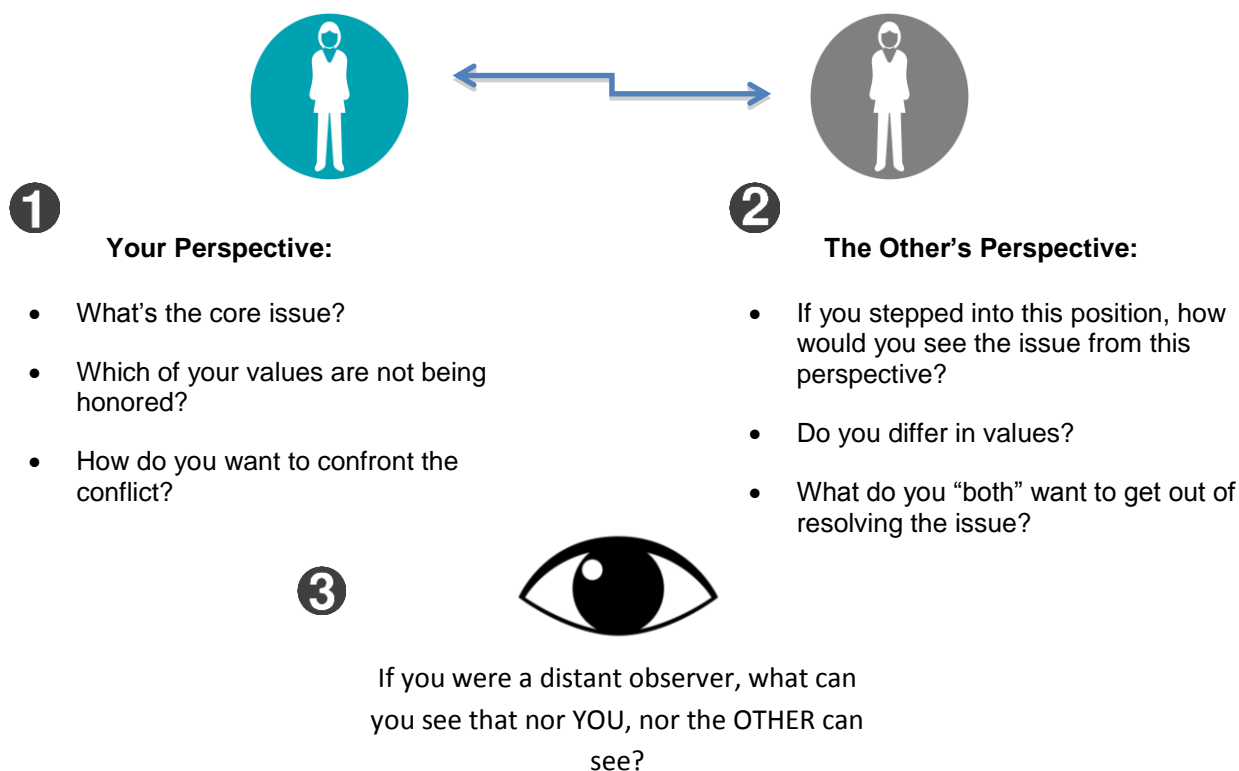


How to Resolve Conflict in Three Simple Steps!

Conflict is a beautiful demonstration of the diversity of human nature. Two people can look at the same event, hear the same words and then give completely different meanings. This is due to the wide variety of values*, beliefs and cultures that humanity has inherited in numerous forms.

In order to better handle the confrontation of a conflict, let's do this simple exercise:



- ✓ More advice and solutions from our [Bounce Back Video Series on Conflict Management](#)
- ✓ Read more about Conflict Management, ways to confront and advice on how to improve communication in our Ebook Bounce Back, available by [subscription](#) or on [Amazon](#).

Was this exercise helpful? [Let me know, how you are getting on.](#)

*If you do not know what your values are, try to spend some time to explore them. Your values define to a great extent your actions, and are a skeleton for your personal identity. If you need help on this, [get in touch](#).