



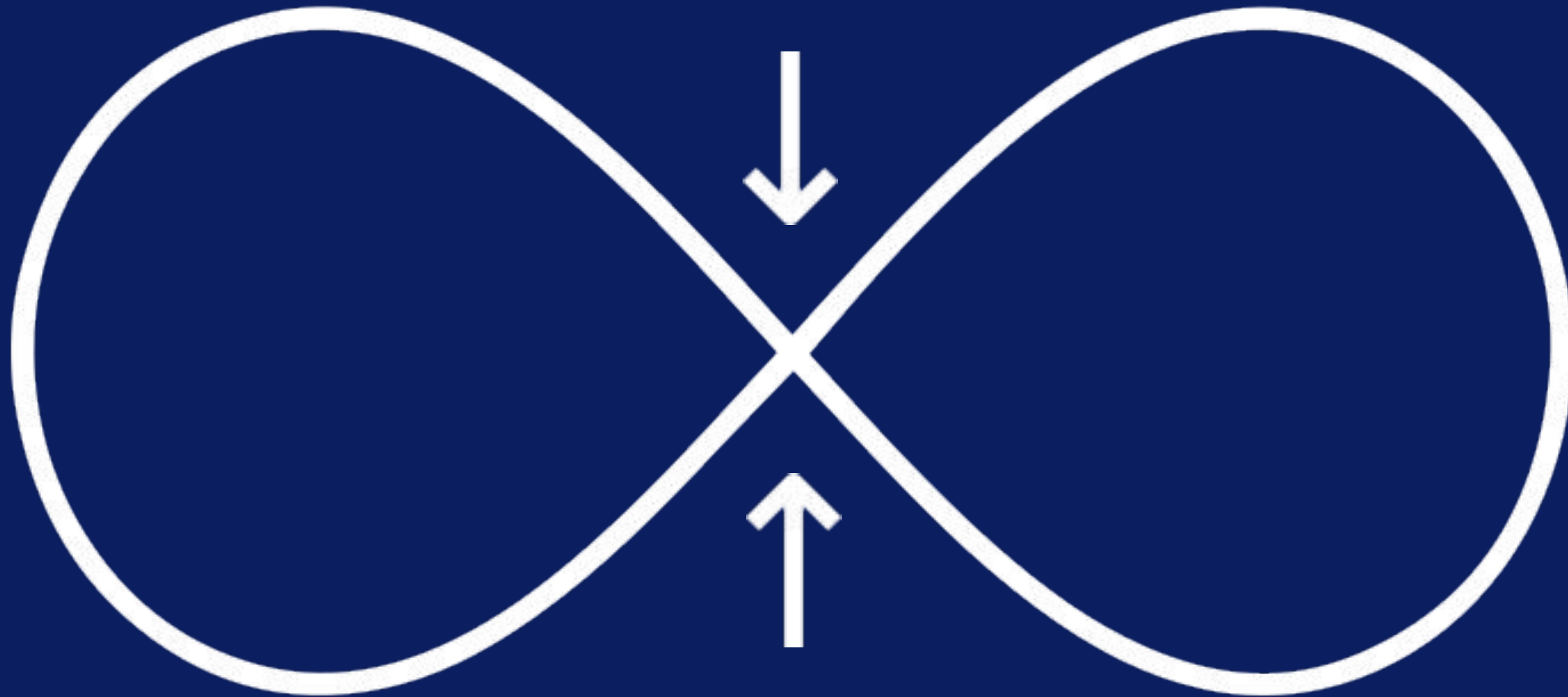
UNITY SOUTH CENTRAL REGION

Business Mastermind

Session Three

UNITY SOUTHCENTRAL REGION

Conflict Resolution





Things to know about conflict:

- It's so much easier to cause pain than to feel it.
- We reward outrage with attention
- The silent majority is often ignored

**Acts of bravery are defined by
vulnerability.**

Posturing and bluster lack courage.

**Have you set boundaries in regard to
appropriate ways to communicate?**

Unity Southcentral Region

Be Curious

Is fear underneath the
anger?

What is the true desire?

What is body language, tone
and facial expression telling
you?

What is your job as the
minister?



UNITY SOUTHCENTRAL REGION

Video

Unity Southcentral Region

**What did you notice
in the video?**

**Are you a blamer? Do you know
someone who is a blamer?**

What to do instead of blaming:



Ask questions – define the real
issue _____

Collaborate on solutions

Show empathy



**If you can't be calm
and curious - take a
break.**

Unity Southcentral Region

“Connection is why we’re here; it is what gives purpose and meaning to our lives. The power that connection holds in our lives was confirmed when the main concern about connection emerged as the fear of disconnection; the fear that something we have done or failed to do, something about who we are or where we come from, has made us unlovable and unworthy of connection.”

–Brene Brown