

ASSERTIVE TECHNIQUES FOR CONFLICT RESOLUTION

Techniques	Description
Use of I Statements	Utilizing 'I' statements in assertive communication helps express feelings without blaming others.
Active Listening	This involves fully concentrating, understanding, responding, and then remembering what is being said.
Maintaining a Respectful Tone	Keeping a calm and respectful tone even when the conversation is challenging.
Setting Clear Boundaries	Assertively communicating personal limits and expectations.
Offering Constructive Feedback	Providing feedback that is specific, helpful, and aimed at improvement.
Seeking Win-Win Solutions	Striving for solutions that benefit all parties involved.
Staying Calm and Composed	Managing emotions effectively to maintain a constructive conversation.

Assertive Conflict Resolution

K Morrison



Assertive Conflict Resolution:

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