

# Use the Force

## *Becoming a Conflict Jedi Master*

**Conflict is a natural part of life.** Some of us relish it, though most of us shy away from it. Assertive, self-confident individuals neither relish nor shy away. Like a Jedi Master, they face it, engage it with grace, and move through it. We do not need to become actual Jedi Masters to deal with conflict. We do however need to find constructive ways of dealing with conflict if we are to live happy and productive lives.

Topics covered and skills learned:

- Standing one's ground with intent and grace
- Recognizing one's own conflict style
- Assessing when to fight and when to walk away
- Creative strategies for diffusing conflict
- Recovering from conflict
- Repairing relationships



**David Huff**

**[www.thepeak1group.com](http://www.thepeak1group.com)**

**(828) 712-6712**

**Asheville NC**

