

# 5 Crucial Skills For Resolving Conflicts

Workplace harmony is built on mastering the art of resolving conflicts.

*These five essential skills set the foundation for constructive dialogue and successful conflict resolution.*

**Wellable**

01

## Open Communication

Foster a safe space where employees feel valued. Open-door policies can reduce fear & boost transparency.

02

## Active Listening

Engage fully with the speaker, promoting understanding and respect. Summarize their message & avoid interruptions.

03

## Emotional Intelligence (EQ)

Recognize and manage emotions in oneself and others. A high EQ ensures empathetic and effective resolutions.

04

## Impartiality

Focus on the present issue and avoid past conflicts & biases. A neutral stance ensures fair outcomes.

05

## Patience

Avoid rushing decisions and let emotions settle. Ensure every voice is heard for lasting solutions.

# Resolving Personal Conflicts

**CH Cherryholmes**



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