

# Conflict Competence in People-Pleasing Work Cultures

Judy Oyedele & Sabine Marx | Greater Public Webinar October 22, 2024

---

## Actionable Steps to Build Conflict Competence

### Step #1. Build Your Self-Awareness

#### *Reflect*

How do you currently view conflict? What are your triggers around conflict? What is your behavioral response when conflict occurs?

#### *Ask*

Find 2-3 trusted individuals at work who can share behavioral observations on how they've seen you respond in conflict situations.

### Step # 2. Practice Regulating Your Emotions

#### *Recognize*

Notice triggers, and physical sensations in the body.

#### *Slow down, cool down*

Pause, breathe.

#### *Express the emotion*

Journaling, talk to an accountability buddy, (and involved parties).



---

## Your Commitment

What's one action you're committing to take that will foster more conflict competence in your workplace culture? By when?

What barriers do you see?

Who will you ask to support you?

**Thank you for your participation!**



### **Additional Resources**

**Check Out Our Article on the Greater Public Blog:**

*Conflict Competence: How to Move Beyond "Public Media Nice"*

**Judy Oyedele** [judy@brevityandwit.com](mailto:judy@brevityandwit.com) | **Sabine Marx** [sabine@brevityandwit.com](mailto:sabine@brevityandwit.com)

*brevityandwit.com*