Title: How Can I Handle Conflicts?

Exercise Code: SLINTEGRA030

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies | Small group  Large group | 30 min |

**Purpose:**

* To learn how conflicts affect people
* To see one’s own reaction to conflicts /conflicting situations
* To encourage positive and constructive solving of problems and conflicts

**Description:**

Have participants form a circle. The leader of the group moves into the center of the circle and says, *“I represent conflict. How do you react when you experience a conflict? “*Have the participants position themselves, in relation to the leader, according to how they experience conflict. Explain that they can demonstrate this through their body positions, directions they are facing, and the distance from the leader (conflict). Once the participants have positioned themselves, ask each of them to explain why they have chosen their particular stance.

**Methods:**

The exercise can be used as an ice breaker to any other exercise that deals with the area of understanding conflicts. With various gestures and with posture, the participants show their relationship to conflicting situations in their lives. This is a starting point for a discussion between the trainer and the participants of the group, and can be an introduction into a more in-depth exercise in the area of understanding conflicts.

**Advice for Trainer:**

The trainers should be attentive of the body language of the participants because that is how they are communicating their own well-being, consciously or unconsciously. If a participant exhibits a closed off/reserved posture, the trainer should, with sensitivity, ask the participant for feedback, but shouldn’t force him/her into expressing their state if they don’t want to.

**Source/Literature:**

INTEGRA INŠTITUT, Inštitut za razvoj človeških virov