

Conflict Coaching

What to Expect

WHEN TO USE CONFLICT COACHING

Planning for a difficult conversation.

Thinking through a new or ongoing conflict.

Engaging in a deeper conversation about the impact of a conflict.

To prevent a conflict.

To generally improve conflict management competency.

BE READY

Coaching is most effective when participants enter with an open mind, a willingness to look at the issue from all perspectives, and an orientation to meet both party's needs.

Know your goals for conflict coaching generally as well as for the meeting.

SOME TIPS FOR SUCCESS

Know your needs and be aware that there are other needs to be considered.

Consider insights and write them down so you can take time to think them over.

Do some homework! What would you like to say and how would you like to say it?

Think about how to convey your perspective.

Map out an action plan.

THE PROCESS

Intake	Schedule a meeting to discuss your concerns.
Conflict Coaching/ Action Plan	Set up a time to start conflict coaching services to address your concerns and build upon conflict management tools at your own pace.
Follow-Up	All students are welcome to schedule follow-up meetings to seek additional services.

CONTACT INFORMATION

Contact the SCRC to schedule an appointment

Email: scrc@uoregon.edu

Phone Number: (541) 346-0617