

# CONFLICT RESOLUTION FOR MANAGERS

Nairobi - Kenya  
31 - Aug 2026 - 04 - Sep 2026  
\$5,500



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## Introduction

Conflict is an inevitable part of any workplace. However, how managers handle these situations can significantly impact team dynamics, productivity, and morale. Effective conflict resolution skills are essential for fostering a collaborative and productive work environment. This intensive five-day program, offered by Gentex Training Center, equips managers with the knowledge and practical skills needed to navigate conflict constructively. Through interactive workshops, case studies, and role-playing exercises, participants gain the ability to identify the root causes of conflict, facilitate open communication, and find solutions that benefit everyone involved.

## Conflict Resolution for Managers Course Objectives:

Master the core principles of conflict resolution and its impact on team dynamics.

Develop a deeper understanding of different conflict styles and their influence on communication.

Learn strategies for de-escalating tense situations and fostering a calm and respectful dialogue.

Master techniques for active listening and identifying the underlying issues behind conflict.

Develop skills for facilitating productive conversations and guiding teams towards win-win solutions.

Explore best practices for mediating disagreements and fostering collaboration between team members.

Learn how to manage your own emotions and effectively navigate challenging personalities.

Analyze real-world case studies to apply conflict resolution skills in practical scenarios.

Formulate a personalized action plan to address conflict situations effectively within your team.

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## Course Methodology

This interactive program utilizes a participant-centered approach. It blends lectures from conflict resolution experts with engaging workshops, real-world case studies, group discussions, role-playing exercises, and peer-to-peer learning opportunities. Participants actively engage in practicing different conflict resolution techniques, facilitating conversations, and developing strategies to address conflict situations within their teams. Through experiential learning, participants gain the practical skills and theoretical knowledge needed to become effective conflict resolvers, fostering a culture of collaboration and mutual respect within their teams.

## Who Should Take This Course

Managers and supervisors seeking to enhance their conflict resolution skills.

Leaders seeking to create a more collaborative and productive work environment.

Professionals interested in developing their communication and interpersonal skills.

Anyone interested in gaining the knowledge and tools to become a more effective leader who can navigate conflict constructively.

## Conflict Resolution for Managers Course Outline:

### Day 1: Understanding Conflict: Unveiling the Dynamics and Impact

Exploring the Different Types of Conflict and Their Causes in the Workplace

Understanding the Impact of Conflict on Team Dynamics, Morale, and Productivity

Developing Skills for Identifying the Root Causes of Conflict



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## Day 2: Communication Strategies for Conflict Resolution: Building Bridges Through Listening

Mastering Techniques for Active Listening and Effectively Communicating During Conflict  
Recognizing Different Communication Styles and Their Influence on Conflict  
Developing Strategies for De-Escalating Tense Situations and Fostering Respectful Dialogue

## Day 3: Facilitating Win-Win Solutions: The Art of Collaboration and Negotiation

Mastering Techniques for Facilitating Productive Conversations and Problem-Solving Sessions  
Exploring Strategies for Identifying Common Ground and Finding Mutually Acceptable Solutions  
Developing Skills for Negotiating Effectively in Conflict Situations

## Day 4: Managing Difficult Personalities and Emotions: Building Resilience as a Conflict Resolver

Exploring Techniques for Managing Your Own Emotions During Conflict  
Understanding Different Personality Types and Their Impact on Conflict Dynamics  
Developing Strategies for Mediating Disagreements Between Team Members

## Day 5: Building a Culture of Collaboration: Putting Theory into Practice

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Developing a Personalized Action Plan to Implement Effective Conflict Resolution Strategies Within Your Team

Exploring Techniques for Promoting Open Communication and Collaboration

Reflecting on Learning and Identifying Opportunities for Continued Improvement in Conflict Resolution Skills

## Conclusion

By successfully completing this comprehensive program offered by Gentex Training Center, participants gain the knowledge and practical skills needed to become effective conflict resolvers. They will be equipped to navigate conflict situations constructively, facilitate open communication within their teams, and ultimately foster a more collaborative and productive work environment.

