

Name \_\_\_\_\_

## Navigating Stormy Seas: The Art of Conflict Resolution

### Short Answer

1. Explain why patience is an essential component of conflict resolution and provide an example.
2. How can active listening contribute to effective conflict resolution? Provide a brief scenario illustrating its importance.
3. Describe a situation where you successfully applied good conflict resolution skills, the steps you took, and the outcome.
4. What is the role of respect in conflict resolution, and why is it crucial to maintaining a constructive dialogue?
5. Why is self-reflection an important first step in developing conflict resolution skills, and how can it lead to personal growth?

