

# COMMUNICATING THROUGH CONFLICT



## DESCRIPTION

It is especially important in today's polarized society and stressful workplaces to develop and maintain positive relationships.

**Communicating Through Conflict** workshops are designed to provide participants with tools and techniques to handle those types of heated situations and interpersonal conflict more effectively. Participants will:

- Apply methods to slow a conversation and reduce stress responses
- Gain skills to create a safe environment for continued dialogue and shared understanding.
- Practice active and generous listening skills to recognize interests behind strongly held positions.
- Learn how to give and receive feedback clearly to reduce defensiveness.

## REGISTRATION

May:

<https://events.anr.msu.edu/CommunicatingthroughConflictMay2026/>

November:

<https://events.anr.msu.edu/CtCNov26/>

## EVENT DETAILS:

Dates:

**May 6th, 2026**

9:00 – 11:00 a.m.

**November 4th, 2026,**

Noon – 2:00 p.m.

Cost:

\$40\*

Where:

Online in Zoom

## CONTACT US:

For more information:

May session: Tyler Augst –  
[augsttyl@msu.edu](mailto:augsttyl@msu.edu)

November session: Andy Northrop –  
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