

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

November session: Andy Northrop –
northro5@msu.edu

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