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keep your relationships strong and growing what is conflict conflict is a normal part of any healthy relationship what is conflict resolution why is it important 5 psychological benefits of conflict resolution 7 examples of conflict resolution skills how to do conflict resolution 2 approaches 6 methods and approaches to apply in the office 6 strategies and techniques for the workplace best activities games workbooks and online tools in this article we discuss five conflict resolution strategies how to use them in the workplace and the benefits of conflict resolution key takeaways conflict often is a byproduct when there s human interaction so responding professionally requires conflict resolution strategies here is the conflict resolution process in five steps step 1 define the source of the conflict the more information you have about the cause of the problem the more easily you can help to resolve it to get the information you need certain resolution strategies can be adopted as follows the technical definition of conflict resolution is a process you use to find a peaceful solution to a dispute according to loren margolis msw cpc founder of training leadership success conflict resolution strategy 1 recognize that all of us have biased fairness perceptions both parties to a conflict typically think they re right and the other side is wrong because they quite literally can t get out of our own heads compromise if you find yourself at an impasse or a dead end during a discussion try to come up with a compromise compromising is a way to take the feelings and opinions of others into account while coming up with a solution

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