Exercise

# Resolving Team and Manager-Employee Conflicts

Take a moment to reflect on your own professional experience and consider the following questions:

1. How does your organization or team currently encourage open communication and feedback? Are there any specific practices or channels in place?

2. Think of a time when a conflict was resolved or could have been avoided through open communication and feedback. What steps were taken, and what can you learn from that situation?

3. In what ways can you personally contribute to improving the feedback culture within your organization or team? What initiatives or suggestions can you bring to your colleagues or managers?

Take a few minutes to jot down your thoughts and insights. Reflecting on your experiences and identifying areas for improvement will help you actively contribute to fostering a healthy feedback culture and better conflict resolution within your organization or team.