

Purpose of Session

Knowing how to manage conflict in the workplace is a valuable asset for any employee. Mentors often have valuable experience related to this topic that can be shared with mentees.

Questions & Discussion Prompts

How do you deal with difficult people?

What do you do if you are on a team or project with someone you do not get along with?

How might you go about mending a relationship with another employee you have had a bad experience with?

What are a few key behaviors that can help one to avoid conflict with other employees at UNC?

Who is someone at UNC you consider to be great at avoiding or managing conflict with others? Why?

UNC's Organization and Professional Development team offers a workshop called How to Deal with a Difficult Person. Use link for more info:
<https://hr.unc.edu/training/catalog/>

Additional Ideas/Notes/Reminders

