# Activity 2: Conflict Resolution Styles

## Part B: Watch the Video

Watch the [Thomas Kilmann Conflict Handling Modes model explained by Karen Nesbitt, Oakridge Senior Consultant](https://youtu.be/7YuJPYlsz30) video.

1. What is each style about?

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| --- |
| Answer |
|  |

## Part C: Categorize

Watch the [video from Part B](https://www.youtube.com/watch?v=mylxdeVoDWA) again and fill in the name of each style next to its description.

|  |  |
| --- | --- |
| Description | Style |
| Helps one win and get what they need. |  |
| Sidestepping and postponing a conflict. |  |
| Putting others’ needs ahead of one’s own. |  |
| Partially meeting the needs of both sides of the conflict. |  |
| Enables both parties to get what they want. |  |
| Possible Options |
| Accommodating (groups), Avoiding, Accommodating (individual), Competing, Compromising |

## Part D: Critical Thinking

In the video, avoiding has been viewed as a “lose-lose” and collaborating as a “win-win” situation.

1. Do you agree with this?

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| --- |
| Answer |
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2. Might avoiding a conflict temporarily be helpful at times?

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| --- |
| Answer |
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3. Could collaborating be too time-consuming on some occasions?

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| --- |
| Answer |
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Discuss your ideas.

4. Is there a “best conflict style” in your opinion? Why/Why not?

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| --- |
| Answer |
|  |

## Part E: Read the Text

1. What information did you gain about the style(s) you use the most? Or the least?

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| --- |
| Answer |
|  |

Share your answers in your groups.