

Life Skills Development/Module Three/Unit 3: Conflict Management

UNIT THREE: ANGER MANAGEMENT/CONFLICT RESOLUTION

Introduction/Rational

Conflict can be viewed as a difference in perspectives: what is seen, thought, felt, and believed may be different from others. Conflict is thus a part of all human interaction, and if managed wisely, can be a source of vitality and opportunity for positive change. However, if ill-equipped with the skills necessary to handle conflict, the individual's social, emotional, spiritual, academic and career capabilities will be impaired. In this unit we will be looking at a holistic approach to Conflict Management to include effective communication, problem solving skills, principles of conflict resolution, and anger management - with an emphasis on personal responsibility and self-discipline.

Objectives/Outcomes

Learners will be able to:

- Recognize the various types of conflicts and utilize techniques to effectively resolve conflict and develop conflict resolution skills.

Section:

- /Anger Management/
- /Elements of conflict/

SUPPORT MATERIALS

1. Powerpoint presentation
 2. Handouts
 3. Animation
 4. comic pages
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Article Sources and Contributors

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