Conflict is a normal and natural part of human interactions. This three-hour session will provide specific tools, targeted to deal with conflict in a healthy manner. Topics covered include: the top-ten work irritants, conflict escalation theories, tips to read conflict clues, and strategies to respond to conflict productively. By using these skills, your professional and personal relationships can be strengthened.

UC Davis Campus
Thursday, October 18th: 9:00 AM - 12:00 PM
Tuesday, December 4th: 9:00 AM - 12:00 PM
Wednesday, February 27th: 9:00 AM - 12:00 PM

UC Davis Health
Wednesday, October 3rd: 1:00 PM - 4:00 PM
Thursday, January 24th: 1:00 PM - 4:00 PM
Tuesday, April 30th: 1:00 PM - 4:00 PM

Ernest Hemingway once said, “I have learned a great deal from listening carefully. Most people never listen.” Can this be true? This two-hour interactive workshop will provide tips and techniques that will tune-up your listening and mindfulness skills, which will ultimately improve the quality of your conversations.

UC Davis Campus
Friday, November 16th: 9:00 AM - 11:00 AM
Wednesday, December 12th: 9:00 AM - 11:00 AM
Thursday, February 28th: 1:30 PM - 3:30 PM

UC Davis Health
Tuesday, September 25th: 1:00 PM - 3:00 PM
Tuesday, January 29th: 9:00 AM - 11:00 PM
Thursday, April 18th: 1:00 PM - 3:00 PM

Would you, as a supervisor or manager, like to be more confident in how you address conflicts that arise in the workplace? Conflict models and strategies, including the stages of conflict and suggested interventions, will be discussed to promote an increased awareness of the costs of conflict and the benefits of addressing conflict early. Additionally, clear-cut communication techniques, designed to help individuals embroiled in conflict feel respected and valued, will be provided. Open to supervisors, managers, department chairs, staff and faculty.

UC Davis Campus
Wednesday, October 10th: 9:30 AM - 3:30 PM
Thursday, December 13th: 9:30 AM - 3:30 PM
Thursday, March 7th: 9:30 AM - 3:30 PM

UC Davis Health
Thursday, January 17th: 9:30 AM - 3:30 PM
Tuesday, April 16th: 9:30 AM - 3:30 PM
Tuesday, June 4th: 9:30 AM - 3:30 PM

Register at: http://lms.ucdavis.edu
Please use search box to locate each class by title and location

UC Davis Ombuds Office
530-754-7233(SAFE)
ombuds.ucdavis.edu