

# POWER SKILL: CONFLICT RESOLUTION

Conflict resolution is an important skill at work and in life. Use this sheet to better understand the term. Then consider how this skill has played a role in your life and in the life of someone you've learned about.

<p><b>What does <i>conflict resolution</i> mean? Give an example.</b></p>	<p><b>Why is conflict resolution an important skill?</b></p>
<p><b>What are some ways you can avoid conflict before it occurs?</b></p>	<p><b>What are some ways you can prepare to deal with conflict when it arises?</b></p>

