

# Powerful Communications: Conflict Competence

**Learn the elements of defusing conflict, working through differences and living to celebrate it.**

Conflict can be a source of calamity for an organization, resulting in incomplete understandings of important work, wasted energy and damaged relationships. Conflict can also be a source of innovation; in fact, no meaningful change takes place without it.

**Mason's Center for Team & Organizational Learning, The EDGE**, is proud to present this second workshop in the series at George Mason University's Arlington Campus.

In this dynamic workshop, you will

- learn how to minimize the damage from conflict and how to access the upside of conflict.
- experience conflict situations that you will reframe and work through.
- explore how to set the stage for positive differences in your business.
- leave with approaches and techniques that put you and your organization on the path to conflict competence.

The workshop fee is \$70.00 and includes continental breakfast and materials. In advance, to make best use of the workshop, we encourage you to take the Style Matters Conflict Style Inventory and download the valuable materials that are provided with it. Style Matters is available at a very low cost online at [www.riverhousepress.com](http://www.riverhousepress.com).

*Please reserve your place at the workshop  
at <http://www.eventbrite.com/event/5409620320>*

**Friday, May 31, 2013**

**George Mason University - Arlington Campus  
Founders Hall Multipurpose Room - First Floor**

8:10 - 8:25 a.m.	Arrive & Check-in (Continental Breakfast provided)
8:30 a.m. - 12:30 p.m.	Conflict Competence
12:30 p.m.	Wrap-Up & Conclusion



*Presented by*  
**Mason's Center for  
Team & Organizational  
Learning, The EDGE**

**Workshop Trainer**  
**Kathleen Trygstad, M.S., ACC, NCC**



Kate Trygstad is a professional coach and facilitator. With a career in the public and private sectors, a Master's in Organization Development from George Mason University and coaching certification from the International Coach Federation, Kate brings theory, practice and organizational experience to her workshops.

Kate works regularly with the Mason Center for Team & Organizational Learning, The EDGE.

Kate appreciates the Arlington community as her base for her residence and her coaching work.

**For more information:**

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