


Slide 1

HOW TO BECOME  
COMFORTABLE AND  
CONFIDENT IN THE FACE OF  
CONFLICT

MODULE 2: CHOOSING  
YOUR PRACTICE CASE

Kirstin Lund  
collaborationschool.com




---

---

---

---

---

---

---

---

---


---

Slide 2

choosing your practice case

Your next step is to identify a situation in your life that would be well suited to collaboration. Choose a situation that is:

- 1) high stakes enough that you feel uncomfortable thinking about addressing it,
- 2) low stakes enough that using it for practice likely won't result in messing up any chance of having a good relationship with the other person or seriously jeopardizing you getting your needs met if you don't do it perfectly, and
- 3) timely for the course




---

---

---

---

---

---

---

---


---

---

Slide 3

choosing your practice case

There are links below this video to help you choose your practice case, including an exercise you'll fill out and send to me so I can give you feedback. Part of the exercise is to brainstorm ideas about potential situations that might be useful to practice with. To help you think about whether the situations you brainstorm are suitable for collaboration, I've created a checklist for you (it's under this video). Print it out and use it to help you decide on your case.




---

---

---

---

---

---

---

---


---

---

Slide 4

when is collaboration suitable?

Some of the things that let you know collaboration might be suitable are:



---

---

---

---

---

---


---

---

Slide 5

Is it suitable for collaboration?

- Both the relationship AND meeting my own needs are important.



---

---

---

---

---

---


---

---

Slide 6

is it suitable for collaboration?

- The parties have at least some mandate, authority or ability to decide how to solve the problem.



---

---

---

---

---

---


---

---

Slide 7

is it suitable for collaboration?

- There are no insurmountable power imbalances which make negotiation impossible.



---

---

---

---

---

---


---

---

Slide 8

is it suitable for collaboration?

- All parties are able to articulate their concerns and their needs and have the capacity to follow through on agreements.



---

---

---

---

---

---


---

---

Slide 9

is it suitable for collaboration?

- All parties are coming to the decision-making process voluntarily.



---

---

---

---

---

---

---


---

Slide 10

is it suitable for collaboration?

---

- I am open to the idea that there may be other solutions which meet my needs as well or better than solutions I may currently favor.




---

---

---

---

---

---

---

---

---


---

Slide 11

is it suitable for collaboration?

---

- Participation in a collaborative process does not have the potential to be harmful to either party.




---

---

---

---

---

---

---

---

---


---

Slide 12

is it suitable for collaboration?

---

- Taking the time to collaborate in this situation will not create or exacerbate an immediate danger or safety concern.




---

---

---

---

---

---

---

---


---

---

**homework**

Your homework is to choose and send me some information about your practice case. Please go to the Homework Link below this video and complete the activities, then submit the form to me for feedback.

If you can't decide on your case and want my feedback before you choose, complete the first few questions in the homework form and leave the rest blank. I'll be in touch within the week with some feedback to help you decide.



---

---

---

---

---

---

---

---