

LET'S
 TALK
ABOUT
CONFLICT

SESSION 1
HANDOUTS



Growing Bridgebuilders

Changing How We Handle Conflict

COURSE OVERVIEW

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| Session 1 | LET'S TALK ABOUT CONFLICT
Getting started on the journey together, and talking about conflict. |
| Session 2 | OUR THEOLOGY AND ATTITUDES
How the Bible can speak to us in relation to conflict, and how our family background shapes our attitude to conflict. |
| Session 3 | COMMUNICATING BETTER
Showing we've listened, and speaking so others can receive it. |
| Session 4 | GETTING UNSTUCK
Moving beyond the 'what' by exploring the 'why'. |
| Session 5 | BEYOND DEFAULT MODE
Adapting our approach to conflict according to the circumstances. |
| Session 6 | RECOGNISING EMOTIONAL PROCESS
Being aware of how our feelings can override our thinking and affect our actions, and managing ourselves when anxious. |
| Session 7 | CHANGING HOW WE DO CONFLICT
Identifying unhelpful patterns and agreeing healthier ones for our group. |
| Session 8 | BECOMING BRIDGE-BUILDERS
Reviewing and integrating course learning, and planning next steps. |
| Session 9
(at later date) | GROWING BRIDGEBUILDERS REVISITED
Regathering as a group, and reviewing application of learning. |

SESSION 1

LET'S TALK ABOUT CONFLICT



Introduction

This is the introductory session to the Growing Bridgebuilders course. It sets the tone and style for the whole course, establishes a group working agreement, introduces what is understood as conflict, and explores different goals that we might have in the midst of conflict.

Session Objectives

- To begin to build relationships of deeper trust within the group.
- To introduce a particular way of thinking about conflict.
- To begin to map the territory that we call conflict.
- To understand how conflict is being explored.

Learning Outcomes

By the end of the session participants will have:

- Committed themselves to a way of working together.
- Shared some information and one way they personally think about conflict.
- Recognised how we typically think about conflict in the life of the Church, and noticed that this tends to be negatively.
- Explored how different terms we use to describe tension are categorised as either good or bad, and considered how we categorise conflict.
- Engaged with two different definitions of conflict.
- Explored three different goals in approaching conflict.

Overview of Session Segments

Welcome:	Arrival and Introduction to course
Frame 1:	Clarifying assumptions
Frame 2:	Establishing a group working agreement
Way in 1:	Starting out together
Way in 2:	Associations with conflict in the Church
Explore 1:	Clarifying what we think of as conflict
Pointer:	Offering a definition of conflict
Explore 2:	Identifying our goals in engaging with conflict
Review:	Looking back over the session
Feedback:	Completing written feedback

Handouts

Handout 1:	Course overview
Handout 2:	Introduction and overview of Session 1
Handout 3:	Conflict vocabulary sheet (cut up)
Handout 4:	Three approaches to conflict
Handout 5:	Feedback form for participants (for return to course leader)

CONFLICT VOCABULARY



Disagreement

Argument

Falling out

Row

Misunderstanding

Difference of opinion

**Heated
discussion**

Fight

THREE APPROACHES TO CONFLICT



Option 1

Look to address the issue, and find a way to resolve it so that you can move on, and get on with life.

Option 2

Find a way to manage the situation so that the issue doesn't negatively impact the rest of your interactions, while hoping that you can find a way to explore the issue when the time is right.

Option 3

Explore what you might be able to learn from this issue, about yourself and the other person, and see how there might be some growth for your relationship by navigating a way through this falling out.

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Participant Feedback Form

Please complete this form at the end of the session. Thank you.

1. Please circle your evaluation of the following aspects of the session where 1=Unhelpful and 6=Very Helpful:

A. The content provided in the session 1 2 3 4 5 6

B. The way the session enabled you to learn 1 2 3 4 5 6

C. How your leaders led and facilitated the session 1 2 3 4 5 6

D. How participants worked and interacted together 1 2 3 4 5 6

E. THE SESSION OVERALL 1 2 3 4 5 6

2. What you most appreciated or found helpful about the session was:

3. One thing you see yourself applying or using from the session is:

4. What you would change or like to be different about the session (either the content, or the way learning was facilitated, or both) was:

Thank you for taking the time to complete this feedback form.

GROUP:

COURSE LEADERS:

SESSION 1

LET'S TALK ABOUT CONFLICT



Course Leader's Feedback Form

Please complete a form at the end of each session. Please respond to question 5 after reading your participants' feedback forms. Thank you.

1. Please circle your evaluation of the following aspects of the session where 1=Unhelpful and 6=Very Helpful:

A. Guidance provided in the Leader's Guide	1	2	3	4	5	6
B. PowerPoint slides, handouts, scripts and other materials	1	2	3	4	5	6
C. Quality and appropriateness of the content	1	2	3	4	5	6
D. Process offered for presenting content and enabling learning	1	2	3	4	5	6
E. How you led and facilitated this session	1	2	3	4	5	6
F. How participants worked and interacted together in this session	1	2	3	4	5	6
G. THE SESSION OVERALL	1	2	3	4	5	6

2. What you most appreciated or found helpful about the materials provided for you was:

Thank you for taking time to complete this feedback form. Please then scan it as a PDF file, and email it to Bridge Builders:
bb@bbministries.org.uk

Only send the course leader's feedback form.

Bridge Builders will seek to improve Growing Bridgebuilders in the light of feedback from all the course leaders.

COURSE LEADERS:

LOCATION:

GROUP SIZE:

TYPE OF PARTICIPANTS:

3. What you most struggled with in leading the session was:

4. What you would change or like to be different about the materials provided for you is:
(Note: this could relate either to the content, or to the process for facilitating learning, or both)

5. Having read all your participants' feedback comments, what you would most draw attention to is:

6. Any other comments: