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## Solve Office Conflicts

Either it is on-the-job pressures or stress at home, it's mostly your coworkers who face the heat of your anger; that too even if they really deserve it or not.

Tips from business-harmony professionals' to assist you in spreading peace instead of war:

### Rethink Conflict

In our usual way of solving conflicts we tend to understand that someone is set to win and someone else set to lose ultimately produces all losers. In fact the dispute-solving methodology frequently adds to the misery of conflict and limits resolution.

So, it is highly recommended that when you again bump into coworker conflict, proceed your resolution efforts with a calm and productive dialogue, that is aimed at collectively reaching at a situation that makes both sides better-off.

### Address the Root Cause Itself

It is observed that majority of conflict-resolution exercises do not actually promote resolutions that effectively cater to the true conflict roots. Thus, its' very important to first identify, then address and fix the ill-roots.

### Practice Emotional Intelligence

On being emotionally disturbed, people face hard-time to remember, learn or reach decisions unambiguously. Tips of applying emotional intelligence that can assist in fruitfully resolving office conflict:

### Be Empathetic

Inculcating empathy in your approach is crucial as it draws to you the probable result your censure will have on its heir. Precisely, you should address your coworker in the exact way you would prefer yourself to be addressed as, and should focus solely on resolution.

### Acknowledge Working Styles of Others:



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Getting annoyed on learning that somebody's methodology is unlike yours is not right. Adapt to the multi-dimensional dynamics of human nature.

### **Get Used to Effective Negotiations:**

You should solely and sincerely work-upon attaining the desired outcome of a talk with your coworker, and should promulgate the most optimal action-plan.

### **Manage Your Stress**

Its' very obvious that the pressures that we live with in today's complex world can probably influence our temper-levels significantly. While at the workplace there is no shortage of those who give birth to anxiety.

Strategies to be followed to control and manage your stress level:

- Check mark each day the time that you intend to set-free of disruptions
- Be wise to say no when needed. You need to devise practical boundaries, and also adhere to them. This will save you from losing control and make your overwhelmed feeling decrease.
- Create a workspace that you accept both physically and emotionally.
- Exercise on a daily basis to make you feel refreshed.

Maintain a cool and calm head, a positive perspective on the various issues, a sense of self-awareness and compassion for your coworkers. Lastly, promote peace.