

Exercise #7

Identifying a Doable Action

In this exercise you will plan what you are going to do when you return to your workplace.

Instructions: Write an action that you will take when you return to your workplace. The action can:

- Resolve a specific unhealthy conflict
- Coach someone else on how to resolve an unhealthy conflict
- Help prevent a future unhealthy conflict

Be sure your action follows these four criteria:

1. You can do it your first day back at work.
2. Be as specific as possible.
3. It should take 10 minutes or less.
4. It should be something different from what you normally do.

My action is: