

How do I quickly resolve conflicts?

CONNECTIONS



**The Keys To More
Harmonious Conversations**

We are all connected. **Connections** here to equip you with proven phrases and strategies to navigate and mitigate conflicts effectively, fostering harmonious relationships with your business associates and honor the connections.

It's not always easy to know how to break old habits, support ourselves and the people around us. In this guide, I'll be sharing tips for identifying the grudges, resentment, fears and pain you may still feel for any professional relationship that didn't go your way and how to regain your connection to your passion, purpose and profits while letting go the negative connections that hold us back from making better connections..

As a seasoned board member of Twilight Wish Foundation and a United Nations consultant through Global Interactions, a leadership facilitator, sales manager mentor and advisor, product development consultant and creator, I've seen the impact of setting the intention to be connected to inspiring people. Sometimes dealing with the conflict inside of me and deciding what personal and professional relationships I wanted to have that lead me to even better conversations and connections.

We can feel less confident with fully expressing ourselves and connecting with others because of the "skeletons in the closet or the ghosts down the hall". This can hinder our ability to fully be present with the people in front of us or take risks, trust others to help us and carry more of the load.

Myths:

- Myth: "Conflict is always harmful and should be avoided at all costs."
- Myth: "Conflict resolution is a time-consuming process."

Truths:

- Truth: Constructive conflict can lead to growth and better solutions.
- Truth: **Connections** offer quick and practical strategies for resolving conflicts and feeling more connected..

I created the **Connections** because I wanted to provide my students and clients with actionable strategies to navigate inner and outer conflicts and to recognize our connections. With my background in oriental medicine, team leadership and training, I knew I could empower people to build harmonious connections, both in the workplace and in life.

Yet sometimes when relationships seem “all good” there can be mental and emotional blocks to connecting more fully with others because of deeper unresolved past drama. Maybe there have been professional relationships that still stay with you that left you feeling less than strong, trusting, confident and capable.

Maybe you are taking less risks or doing everything yourself so you don’t get burned again. My clients and I have plenty of those stories.

From our very first venture trading cards, selling for school or community fundraisers, or other jobs as a teenager, we start to form stories of what we like and don’t like about work and interacting with others.

Then if we’re not careful our story continues in other aspects of our lives including our volunteer positions, part time gigs, working in our chosen field, or having clients and coworkers. Some people are easy to do business while others press our buttons.

Complaining or worrying about the future is a true test of being still affected by the past.

The topics and exercises in this toolkit are designed to help you identify those stories stuck in the past and create a new future where the professional relationships you have are more supportive and fulfilling connections.

Journaling and role playing with members of our community can make a world of difference in your harmonious mission supported journey.

Action Steps:

- Choose one communication tip from **Connections** to practice each day.
- Use active listening techniques during conversations.
- Resolve minor roadblocks in pursuing or restoring your **Connections** promptly and constructively.

CURRICULUM

[Connections](#)

[Business Associates Calling The Shots?](#)

[Strategic Approach](#)

[Checklist](#)

[Connections Quiz](#)

[Connections Affirmations](#)

[Connections Resources](#)

[The Difference Between Conflict Resolution And Lawsuits](#)

[Conflict Resolution Media Coverage Sites](#)

[Community Service Opportunities](#)

[Career Paths in Conflict Resolution and Peacemaking](#)

[Teaching The Next Generation About Conflict Harmony](#)

[Harmonious Communication At Home](#)

[Setting Peace-Making and Conflict Resolution Goals](#)

[Maintaining Self-Respect, Boundaries, And Overall Well-Being](#)

[Practice Situations](#)

[Write Your Own Rockstar Career Article](#)

[Closing Deals and Building Trust](#)

[101 Things To Say To Yourself And Business Associates To Reduce Conflicts](#)

BONUS: [Relationship Forgiveness Tracker](#)

RESOURCES

[Daily Exercises](#)

[Daily Journal](#)

[Gratitude List](#)

[Meet Your Instructor](#)

[Join Free Interactive Online Group](#)

[Product List](#)

[Consultation](#)

[Student Q&A](#)

[Additions](#)

Daily Focus:

- Enhance communication skills.
- [Journal](#) about your connections, what worked and what needs improvement.

Action Steps:

- Choose one communication tip from the toolkit to practice each day.
- Use active listening techniques during conversations.
- Resolve minor conflicts promptly and constructively
- Write a story at the end of the day of how you wanted your day to go. (Write it as if it happened that way. Read it until it inspires the kind of connections you plan to have tomorrow.

Additional Tips Opportunity:

Remember that **Connections** is a full time awareness. It's essential to be patient and compassionate with yourself as you work towards positive change.

Connections can turn you into a super, inspiring force in the community. What happens at home affects work and vice versa. The more proactive you are in teaching the other people around how you want to be treated the more amazing conversations and experiences you will have.

The key is to address new and old conflicts as soon as you can. Make a decision to tell a different story. Focus on the win/win outcome not the scary, time consuming, distracting, costly one!

Transform your business relationships and create a more harmonious work environment. **Connections** empowers you to build bridges instead of walls, ensuring smoother collaborations and brighter opportunities.

Now it's time to put these insights and tips into action! Pick one or two habits that resonate with you, especially the ones that reduce stress and bring you closer to the important people in your life.

How you related to others in the past doesn't have to be the way you continue to interact with them.

Remember, progress may seem slow at first, but don't give up. I'm confident that with dedication and effort, you'll start seeing your first sales soon.

And the best part? Once you start generating better self-talk and communication with others new worlds of connection open up for yourself and others.

I wish you all the best in your harmonious connections, and I'd love to hear updates from you in the future. Don't hesitate to reach out and share your progress!

Products