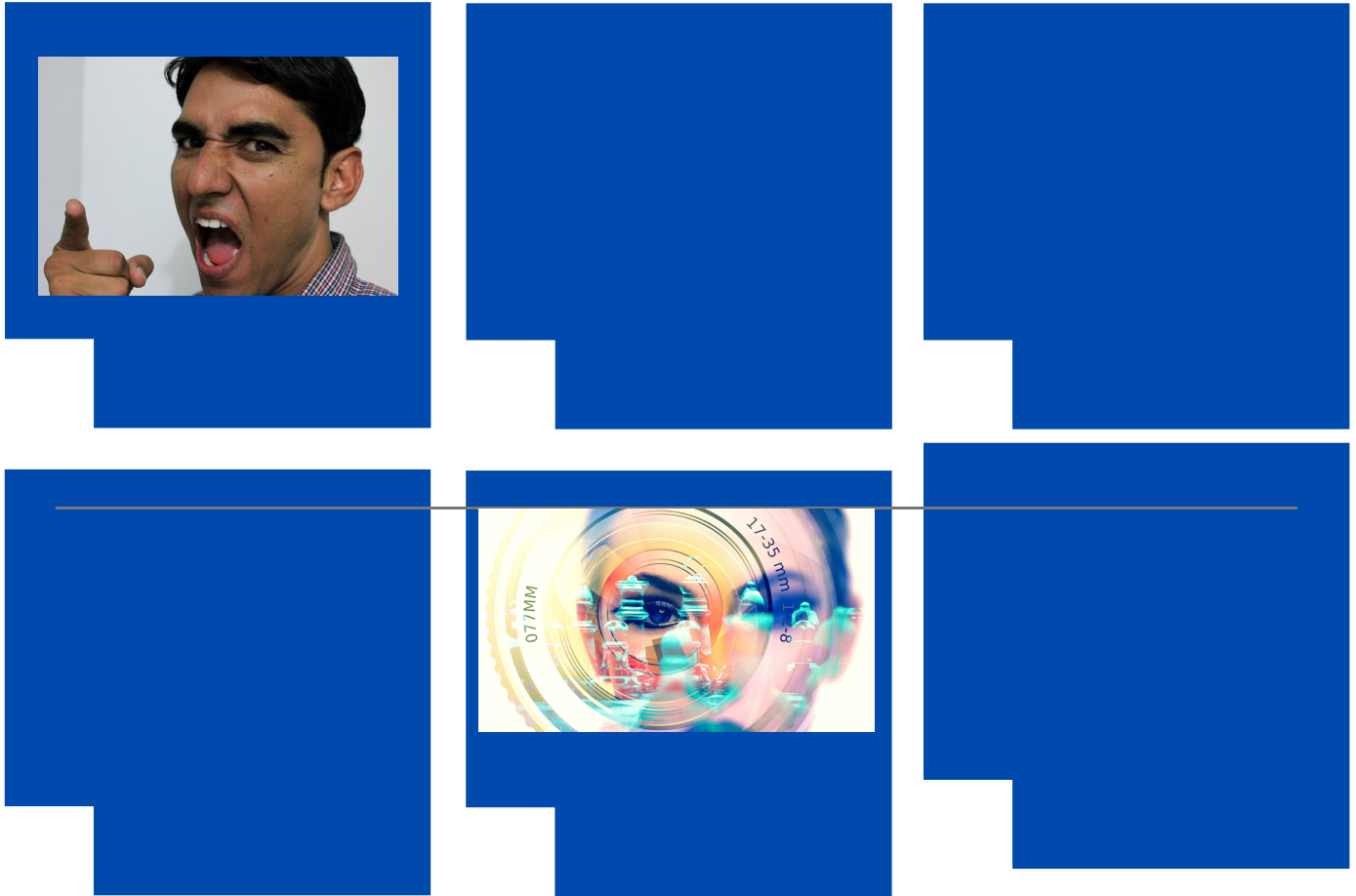


# a few notes

## Topic: Conflict Management



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

In today's employee check-in, we dive deeper into the article An Emotional Intelligence Leadership Stimulus Boost for a VUCA World by Relly Nadler, Psy.D.,MCC We look at conflict management and how we can change how we deal with conflicts at home. 1. Give your people and family the benefit of the doubt, their reactions most likely are from anxiety and stress. 2. If you decide to bring up a potential conflictual topic use a soft start up versus harsh start up. Ex. Looks like you are having fun, I was wondering if you could take that into the other room as I am having a hard time focusing. This is the time to be more focused on your people, be the beacon and soother.

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