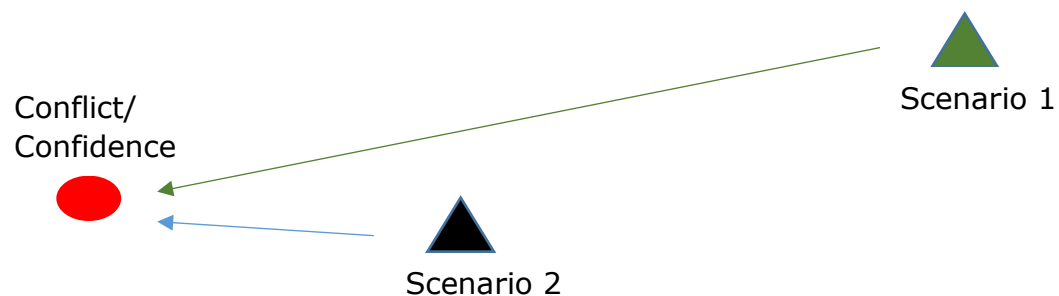


## Conflict-Confidence

<b>Resources:</b> Modelling material e.g. play dough, flipchart, pens	<b>Timing:</b> 30 mins
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### Introduction:

**Purpose:** The purpose of this activity is to allow participants to explore their position and attitudes conflict

**Learning outcomes:** Participants will have a better understanding how to manage conflict better, learn other perspectives to build on their confidence

**Methodology:** Place an object on the table or floor and call it 'conflict or confidence' this activity can be used for either topic

### Activity: Stage 1 – (Responses can be flip charted)

1. Ask the participants to think about a scenario where they had faced conflict how did they feel. Get them to create a model of that feeling and and place it were they think they be from the 'conflict' (scenario 1).
2. Ask the participant to explain their model – what does it represent.
3. Ask the group if anyone else has the same description
4. Pick out a model and discuss what sort of emotions you would be feeling (use the emotional states cards if it helps)
5. Discuss which neurochemicals would be getting mixed in your cranial cocktail.

**Confirmation of learning:** Conclude by asking what sort of outcomes the scenario would have on the person, the other party and the conflict.

### Stage 2 - (Responses can be flip charted)

1. Ask the participant or group where they would have liked to have been to face up and deal with the conflict (scenario 2). Discuss how you think this could be achieved with the group.
2. Discuss what sort of emotions you would be feeling (use the emotional states cards if it helps)
3. Discuss which neurochemicals would be getting mixed in your cranial cocktail.

**Confirmation of learning:** Conclude by asking what sort of outcomes the scenario would have on the person, the other party and the conflict.