

Name _____

Date _____/_____/_____

Lesson 7: Conflict Resolution

After watching the MaveriX clip as a class, read this worksheet to learn more about the causes of conflicts and some strategies to resolve them.

In your group, discuss why this conflict arose between Kaden and his teammates. Did his team's responses defuse or escalate the situation?

Some common causes of conflicts in teams include:

- Disagreements over team tasks or goals
- Negative emotions towards team members, such as jealousy, insecurity or annoyance
- Communication problems

Some strategies for resolving conflicts include:

- Calm – It is easier to resolve conflicts when calm.
- Communicate – Identify and say the problem from each person's perspective.
- Consider – Think of all the different ways the conflict could be resolved.
- Choose – Select an outcome that everyone can agree on.