Conflict Styles – Poll Questions

1. **When in conflict, I tend to behave like this kind of animal:**

a) An owl – I take in all the options
b) A turtle – I hide
c) A shark – I am in charge
d) A teddy bear – I want to the other person to be happy
e) A fox – I negotiate strategically
f) Something else: enter animal name and reason in Q&A

2. **A colleague publicly disagrees with your idea in a meeting. What do you do?**
   a) Forcefully push back against their criticism
   b) Agree to disagree and move on
   c) Ignore the interruption
   d) Ask clarifying questions so you can understand their concerns
   e) Apologize that your idea wasn't well thought out

   After you select your poll response – enter in Q&A what drove your response.

3. **Which conflict style(s) do you use the most at work?** *(can select more than one response)*
   a) Avoiding
   b) Accommodating
   c) Compromising
   d) Competing
   e) Collaborating

4. **Which style could you use more often at work?**
   a) Avoiding
   b) Accommodating
   c) Compromising
   d) Competing
   e) Collaborating

   After you select your poll response – enter in Q&A what benefit you see from leaning into a different style at work?