

Don't let conflict disrupt your goals ^[1]

March 17, 2023 by [ES and UIS Communications](#) ^[2]

Conflict can be common when working in teams or sharing living space with others. The worst thing anyone can do about it, though, is ignore it. When ignored, conflict can become worse and completely interrupt your group projects, friendships, or even your job or internship.

In "[Conflict Resolution for Beginners](#) ^[3]" by Lynne Hurdle and Madecraft, you will learn all about the tactics and practices that will help you stop avoiding conflict and start resolving it. Conflict resolution always starts with listening. It's important to determine whether the criticism is substantive and whether the disagreement can be resolved.

In 94 minutes, Hurdle will walk you through the process of responding to confrontation, creating conversation, moving to the resolution and how to solve conflict in action.

Conflict is nothing to fear when working as a team. It's fairly common when our ideas or assumptions don't align with those of our team members. With this course, you can start to learn how to resolve conflict, not avoid it, so your team can overcome disagreements and succeed together.

[Learn now](#) ^[4]

[Linkedin Learning](#) ^[5], [conflict resolution](#) ^[6], [Professional Development](#) ^[7]

Display Title:

Don't let conflict disrupt your goals

Send email when Published:

No

Source URL: <https://www.cu.edu/blog/level-up/don%E2%80%99t-let-conflict-disrupt-your-goals>

Links

[1] <https://www.cu.edu/blog/level-up/don%E2%80%99t-let-conflict-disrupt-your-goals>

[2] <https://www.cu.edu/blog/level-up/author/110439>

[3] <https://www.linkedin.com/learning->

login/share?account=42275329&forceAccount=false&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning-for-

beginners%3Ftrk%3Dshare_ent_url%26shareId%3DPz6wnSurSnWW71xwRUrlbw%253D%253D

[4] [https://www.linkedin.com/learning/conflict-resolution-for-beginners/resolving-conflicts-](https://www.linkedin.com/learning/conflict-resolution-for-beginners/resolving-conflicts-8337607?u=42275329)

8337607?u=42275329

[5] <https://www.cu.edu/blog/level-up/tag/linkedin-learning>

[6] <https://www.cu.edu/blog/level-up/tag/conflict-resolution>

[7] <https://www.cu.edu/blog/level-up/tag/professional-development>