

What is **CONFLICT COACHING?**

Conflict coaching is a private and voluntary process designed to help you navigate interpersonal conflicts. Our professional staff will guide you through individual sessions where you can openly discuss your conflict.

What types of conflicts are appropriate for Conflict Coaching?

- Roommate conflicts off campus
- Misunderstanding with others
- Off-campus tenant concerns with landlord
- Conflicts with coworkers
- Conflicts between students and faculty
- Conflicts within Registered Student Organizations
- Interpersonal relationship conflicts (partners, family, friends)
- Acquaintance conflicts outside the classroom
- Conflicts within the classroom (individual or group)
- Graduate student conflict

What does a typical Conflict Coaching meeting look like?

- **Duration:** Each meeting is scheduled for an hour
- **Process:** Openly share conflict details
- **Guidance:** Coach-led brainstorming session
- **Strategies:** Identify techniques to manage conflict
- **Assistance:** Create a written plan for conflict management
- **Role-Play:** Simulate difficult conversations

Visit this page for more details and to take the first step in accessing conflict coaching.

Questions? Email Tyler Lennon (tjlennon@iastate.edu)