



# Workplace Solutions: Exploring Conflict Resolution and Dealing with Difficult People

*Helene Malmsio*

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## **Workplace Solutions: Exploring Conflict Resolution and Dealing with Difficult People** Helene Malmsio

In any workplace environment, you're bound to have disagreements that lead to conflict. Almost all of us have had to deal with difficult people in the office. If you're experiencing a lot of workplace conflict or have to deal with people who frustrate you, this book will teach you how to manage those situations. You'll learn what causes conflict and the different types of conflict that you can encounter. You'll also learn how your own conflict style affects what's going on in your environment. You'll also find strategies for improving communication so that you no longer have to dread talking with coworkers and leaders in your institution. It can be difficult to work with people who have many different points of view. There are ways you can prevent conflict from ever getting started in these situations. And when conflict does arise, you'll learn how you can use it to your benefit rather than give in to office drama. The truth is that you need to have relationships with coworkers. Very few businesses actually operate without some sort of teamwork.

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