

We Matter: Conflict Management & Resolution

Try using the ADOBE system to manage conflict amongst team members and clients.

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Discover meaning

What is expected of you?

Acknowledge problems

Are there differing expectations?
Are there differing ideas of success?

Opportunities for compassion

Legitimize others' thoughts and feelings.
Recognize their attempts to cope.

Boundaries

Discuss boundaries with respect to roles, time and physical space.
Directly discuss any discrepancies.

Extend the system

When you cannot resolve a conflict on your own, consider options for referral or help.



ADOBE

I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.



ONTARIO VETERINARY
MEDICAL ASSOCIATION

Your Source. Your Voice.