Turning Conflict into Collective Power

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Purpose Today

Experiment with turning towards conflict as a source of growth, creativity and relationship

(ex. To be like this horse)





Defining Conflict

"Differences that mobilize our emotional resources:

Differences that matter"

Aftab Erfan

Premises that support conflict engagement

Doing this to stay in relationship

This is challenging but we want to support our relationship

Doing to learn and grow

We know there is potential we can tap



I don't have 100% truth

Willingness to admit I might be a little bit wrong or missing something here

Conscious/Unconscious



Conscious/Unconscious

Level of safety to say what needs to be said

Minority Wisdom

Safety & Leadership Behaviour



Safety & Leadership Behaviour

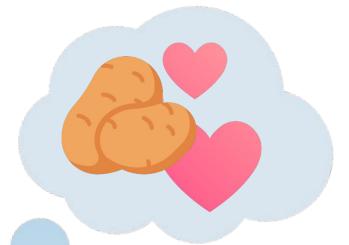
Can you hear what needs be heard?



What do you do when you lose a vote?

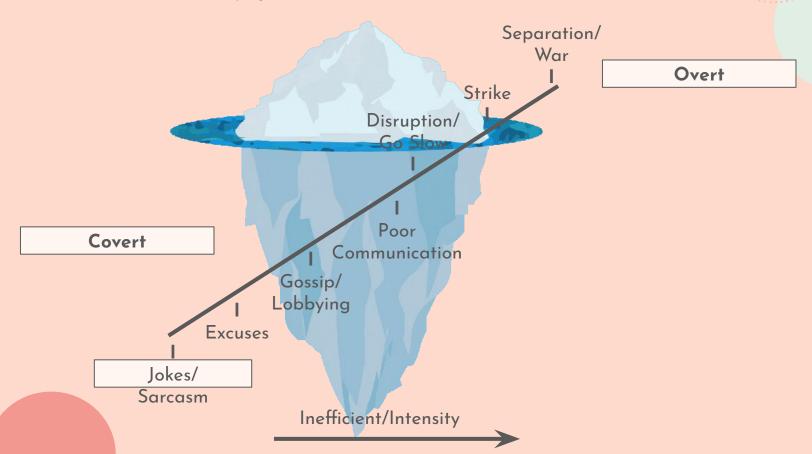
Storytime





The King Who Loved Potatoes aka "the Potato King"

Resistance Line



Jokes



Majority vs Deep Democracy



Valuing Resistance

Where might you be on the Resistance Line?



Where might someone be on the Resistance Line in relation to you?



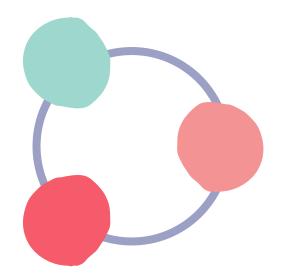




It's a way our unconscious wisdom surfaces in community

We can assess conflict in groups

> Using the resistance line behaviours



We resist when we are not heard

Saying what needs to be said and hearing what needs to be heard helps address this

Skills: Listening & Mapping



Skills: Fluidity

credit: @mosaiceye



Equanimity Dance

Take each side of a dilemma you are facing.

Physically stand for each side, one at a time, and say all the reasons it's right...



Take a few steps back.

Notice any emotional shifts or new perspectives that come.



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