

# Pre-Workshop Assignment for 'Resolve to Evolve with EQ'

This short assignment is designed to help you reflect on how you currently handle conflict and prepare for our upcoming workshop. It should take about 10 to 15 minutes to complete. Your answers are just for your own reflection. You are welcome to share during the session if you feel comfortable, but there is no pressure to do so.

## Step 1: Think of a Conflict

Recall a recent conflict (big or small) you experienced at work or in your personal life. Write down:

Who was involved?

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What was the conflict about?

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How did you feel in the moment?

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## Step 2: Self-Reflection Questions

Answer briefly (1 to 2 sentences each is fine):

1. How did you respond in the moment?

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2. Looking back, what do you wish you had done differently?

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3. How did your emotions play a role in the outcome?

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### **Step 3: Story Snapshot**

Write a short 3 to 4 sentence version of your conflict story as if you were telling it to a friend.

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