# **CONFLICT RESOLUTION SERVICES**

Curated services designed to empower and equip students to navigate difficult conversations and taxing situations.



#### **CONFLICT COACHING**

One-on-one, voluntary, private sessions designed to help students reflect upon alternative ways of perceiving and experiencing their conflicts, themselves, and other people.



## **TRAINING**

Customized training for teams or groups to teach foundational conflict resolution skills and give teams valuable tools to communicate thoughtfully.



#### **MEDIATION**

A voluntary and private process where a neutral third-party facilitator helps two or more people in conflict have a constructive conversation about important issues, aiming to create solutions.



## **RESTORATIVE JUSTICE**

A way of addressing harm and focusing on the needs of the victim, offender, and community. The stakeholders work together to understand impact and repair harm once accountability has been taken.

Are you experiencing conflict with your advisor or PI? Do you want to find ways to set expectations with your mentee? Is there existing tension amongst your lab group? Would you like to build skills and confidence to navigate interpersonal conflict?

CRS is already paid for with your student fees and is available at no additional cost. It is available to any currently enrolled students and parties associated with the student's conflict.

Visit <u>resolutioncenter.colostate.edu</u> to schedule your consultation today!

