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# Conflict Resolution

Learning to Make Peace, Not War

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By

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# Definition – What is Conflict?

A clash, a disagreement, about something important within oneself, between individuals or groups with regards to:

1. Ideas and Opinions
  2. Interests and Needs
  3. Beliefs and Values
  4. Feelings
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- At a store, you feel torn deciding which of the two pairs of shoes you would buy where you like them both and can only buy one.
  - You are offered a promotion at your job. It will pay you much more, but you would have to move to different city far away from your family.
  - A situation where you have to decide between doing unwanted homework (avoidance) or doing unwanted house chores
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- Your brother is taking the family car to his hockey game, so you can't have it to go to your friend's wedding.
  - Muslims girls do not need college and university education vs. How would they be able to support themselves if they had to?
  - Your child wants to make his own decisions and be his own person, you don't think he is big enough to make his own decisions.
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- All of these are examples of internal and external conflicts.
  - We deal with them on a daily basis at work and at home.
  - These conflicts, if not appropriately resolved, result in major psychological, emotional, social and family problems.
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- This workshop is designed to assist the participants in learning to identify the nature of conflicts, their present conflicts and consequences thereof.
  - It provides an opportunity to learn effective conflict resolution skills based on self-awareness, communication skills, and Islamic principles.
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- For further details and making arrangements to have this Workshop delivered in your community, please send an e-mail to [workshops@shifa.ca](mailto:workshops@shifa.ca)
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