

Ten Questions to Prepare Yourself for Conversation

1. What would I like to see happen?
2. What do I need? (Clarity, meaning, support, respect, safety, understanding, etc.)
3. What are the possible outcomes if I have the conversation?
4. What are the time, money, emotional energy, personal peace, and relationship costs of not having the conversation?
5. Who else (family, friends, colleagues, community) may be impacted by ongoing conflict?
6. What questions may I ask to better understand anyone else involved?
7. What does showing compassion for myself, and others look like?
8. What does being clear with myself and others sound like?
9. What ideas or options may meet my needs?
10. What actions may I take that align with my values and priorities?

Bruckner Mediation facilitates conversations and mediates disputes ranging from caring for aging parents and child parenting time to workplace bias and organizational conflict. You may also reach out for individual coaching and consulting, or schedule a speaker or trainer for your business, group, or organization.

Complimentary consultations available.

Email sherry@brucknermediation.com or call 320.808.3212 for more information.



Transforming Conflict with Clarity, Compassion, and Curiosity