MERCURY

Mastering Conflict Resolution and Effective Communication with Challenging Personalities

6 – 10 December 2026
Sharm El-Sheikh (Egypt)



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Ref: 15440_1079175 **Date:** 6 – 10 December 2026 **Location:** Sharm El-Sheikh (Egypt) **Fees:** 4500 Euro

Introduction:

Effective communication, conflict resolution, and challenging personalities are ubiquitous in professional and personal contexts. Skillfully managing these situations through advanced conflict resolution techniques and adept communication strategies is pivotal for fostering positive relationships and nurturing productive environments.

This comprehensive, effective communication, conflict resolution, and challenging personalities course empowers participants to navigate intricate disputes. It engages with difficult personalities by incorporating effective communication and conflict-resolution skills into their professional toolkits.

In this advanced, effective communication, conflict resolution, and challenging personalities training course, Participants will also tackle the challenges of conflict resolution, which include understanding and overcoming the various personal communication challenges that can arise in daily interactions.

Participants will gain insight into nonviolent communication and conflict resolution techniques, enabling them to handle conflicts and challenging scenarios with poise and empathy. Communication and conflict resolution skills training is critical to professional growth and developing harmonious interpersonal relationships.

Target Audience:

- Managers and supervisors seeking to enhance communication and conflict resolution skills.
- Team leaders are aiming to manage challenging team dynamics effectively.
- Human resource professionals are responsible for resolving workplace conflicts.
- Customer service representatives are dealing with difficult customers.
- Professionals in leadership positions looking to cultivate a positive work environment through communication and conflict resolution in the workplace.
- This effective communication, conflict resolution, and challenging personalities course Is for anyone interested in mastering conflict resolution techniques and handling challenging personalities.

Key Competencies:

Upon the effective communication, conflict resolution, and challenging personalities course completion, participants will have the expertise to:

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- Apply advanced conflict resolution methodologies to diverse scenarios.
- Analyze underlying causes of conflicts and challenging behaviors.
- Manage emotions during conflicts and challenging interactions.
- Devise effective communication strategies when dealing with difficult personalities.
- Foster collaboration and unity within teams and organizations.
- Execute negotiation skills to achieve mutually beneficial outcomes.
- Cultivate a harmonious and inclusive work atmosphere.

Course Objectives:

By the end of this effective communication, conflict resolution, and challenging personalities course, participants will be able to:

- Understand the psychological aspects of conflicts and challenging personalities.
- Implement advanced conflict resolution strategies for various conflict types.
- Manage emotions effectively during conflicts and demanding interactions.
- Develop and apply effective communication techniques for handling difficult personalities.
- Foster a cooperative environment conducive to constructive dialogues.
- Utilize negotiation skills to achieve win-win resolutions.

Course Outline:

Unit 1: Deciphering Conflict and Challenging Personalities:

- Origins and nature of conflicts.
- Psychological insights into challenging personalities.
- Impact of conflicts on individuals and organizations.
- Recognizing common traits of difficult personalities.
- Distinguishing between different types of conflicts.

Unit 2: Elevated Conflict Resolution Approaches:

- Analyzing conflict styles and methodologies.
- Integrative negotiation techniques.
- Strategies for managing high-stakes conflicts.
- Transformative mediation and its application.
- The role of ethics in conflict resolution.

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Unit 3: Emotional Intelligence in Conflict Management:

- Emotions impact conflict dynamics.
- Developing emotional self-awareness.
- Practicing empathy and active listening.
- Emotional regulation techniques.
- Building trust and rapport in challenging interactions.

Unit 4: Effective Communication Amidst Challenges:

- Tailoring communication for diverse personalities.
- Assertive communication and conflict resolution.
- Overcoming barriers to effective communication.
- Verbal and nonverbal communication cues.
- De-escalation tactics for heated conversations.

Unit 5: Nurturing Collaboration and Unity:

- Strategies for fostering teamwork and collaboration.
- Turning conflicts into opportunities for growth.
- Embracing diversity in perspectives.
- Balancing individual and collective goals.
- Building consensus and alignment within teams.

Unit 6: Overcoming Workplace Hurdles:

- Addressing conflicts in a diverse workforce.
- Navigating power dynamics and hierarchies.
- Handling conflicts resulting from organizational changes.
- Strategies for handling conflicts between employees and management.
- Effective conflict resolution in remote work environments.

Unit 7: Application of Advanced Conflict Resolution:

- Real-world case studies in conflict resolution.
- Role-playing simulations for practical application.
- Crafting personalized conflict resolution action plans.
- Implementing conflict resolution strategies in various contexts.
- Measuring the effectiveness of conflict resolution interventions.