

TRUST



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ANGER & CONFLICT IN THE WORKPLACE

Let's be honest, at some point or another we may have felt the urge to throw a stapler at a colleague's head and run out of the office screaming about how incompetent they are. However, such behaviour is totally unacceptable, no matter the circumstance.

It's no doubt that anger and conflict are serious issues in today's fast paced workplace. With a host of challenges, life demands and just sheer exhaustion experienced by many, tempers tend to shorten as the year progresses. This often leads to people generally becoming angrier, which in turns leads to conflict in both their personal and work-life.

In addition to the weakening of workplace safety, anger and conflict in the workplace can have several negative impacts on a business. These include poor internal communication, deflated morale, excessive employee absenteeism or turnover, poor performance and a host of other undesired conditions.

Conflicts are inevitable, but the more we know about human nature, the better we will be at resolving conflict. To address the challenges brought upon by anger and conflict in the workplace, Felix Risk Training Consultants offers a full day course which focuses on the issue. The course, 'Anger & Conflict Management' in the workplace is aimed at strengthening people skills when dealing with conflicts or potential conflicts. Further, the course looks at understanding conflict and specifically develops and deepens some essential steps in anger management.

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B-BBEE Recognition :
Level 1 contributor to BBBEE
BEE Procurement Recognition Level : 135%

Black Ownership : 100%
Black Women Ownership : 100%
Empowering Supplier : Yes