

LEADERSHIP & MANAGEMENT | COURSE BROCHURE

Managing Conflict in Teams: A Practical Guide for Leaders

5 days | Classroom training | English

SMART HORIZON

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Course content

Why attend

Unresolved conflict damages relationships, morale and productivity, while well-managed conflict can improve ideas and decisions. This course equips leaders to recognise different types of conflict, understand their own conflict style, intervene early, facilitate difficult conversations, mediate between team members and build norms that keep disagreement constructive.

Many leaders avoid conflict until it escalates. This course gives you the confidence and practical skills to address conflict early and fairly, protecting team performance and wellbeing.

Professional Problems This Course Is Designed to Solve

• Difficulty translating subject knowledge into practical workplace decisions.
• Inconsistent approaches to the activities covered in the course outline.
• Lack of a structured plan for applying and reviewing new skills.

Course methodology

The course is practical, with conflict style assessment, case analysis, conversation frameworks, mediation role plays and peer feedback.

Course objectives

By the end of this course, participants will be able to:
• Recognise sources and types of workplace conflict
• Understand personal conflict styles and their effects
• Intervene early before conflicts escalate
• Facilitate difficult conversations constructively
• Mediate disputes between team members
• Build team norms for healthy disagreement

Target audience

This course is suitable for:
• Team leaders and supervisors
• Department managers
• Project managers
• HR professionals
• Leaders of cross-functional teams



Course content

Target competencies

Participants will develop competencies in:

- Conflict diagnosis
- Conflict styles
- Difficult conversations
- Mediation
- Emotional regulation
- Team norms

Course outline

Day 1: Understanding Conflict

09:00–09:54	Sources and types of conflict
09:54–10:48	Constructive and destructive conflict
10:48–11:00	Escalation stages
11:00–11:30	**Coffee break**
11:30–12:12	Escalation stages (continued)
12:12–13:06	Cost of unresolved conflict
13:06–14:00	Exercise: Conflict mapping

Day 2: Conflict Styles

09:00–09:54	Conflict style models
09:54–10:48	Self-assessment
10:48–11:00	Adapting style to situations
11:00–11:30	**Coffee break**
11:30–12:12	Adapting style to situations (continued)
12:12–13:06	Emotions in conflict
13:06–14:00	Workshop: Style analysis



Course content

Day 3: Difficult Conversations

09:00–09:54	Preparing for conversations
09:54–10:48	Separating people from problems
10:48–11:00	Active listening and reframing
11:00–11:30	**Coffee break**
11:30–12:12	Active listening and reframing (continued)
12:12–13:06	Agreeing next steps
13:06–14:00	Role play: Addressing a conflict with a team member

Day 4: Mediation for Leaders

09:00–09:54	When leaders should mediate
09:54–10:48	Mediation process steps
10:48–11:00	Remaining neutral
11:00–11:30	**Coffee break**
11:30–12:12	Remaining neutral (continued)
12:12–13:06	Agreements and follow-up
13:06–14:00	Role play: Mediating between two colleagues

Day 5: Preventing Conflict

09:00–09:54	Team norms and agreements
09:54–10:48	Clear roles and expectations
10:48–11:00	Fair processes
11:00–11:30	**Coffee break**
11:30–12:12	Fair processes (continued)
12:12–13:06	Escalation to HR
13:06–14:00	Capstone: Team conflict management plan

The timings provided are estimates and may vary depending on the number of participants and the discussions taking place during the



Course content

sessions. They are indicative only and do not constitute a binding commitment.

Dates, venues and fees

Current published course plans. Fees are per participant in GBP, excluding unconfirmed taxes.

Venue	Start date	End date	Fee (GBP)
Dubai Confirmed dates	16 Nov 2026	20 Nov 2026	**£3,150.–**
Online Confirmed dates	16 Nov 2026	20 Nov 2026	**£1,250.–**
Vienna Confirmed dates	23 Nov 2026	27 Nov 2026	**£2,940.–**
Online Confirmed dates	23 Nov 2026	27 Nov 2026	**£1,250.–**
Frankfurt Confirmed dates	7 Dec 2026	11 Dec 2026	**£2,650.–**
Online Confirmed dates	7 Dec 2026	11 Dec 2026	**£1,250.–**
Kuala Lumpur Confirmed dates	14 Dec 2026	18 Dec 2026	**£1,450.–**
Online Confirmed dates	14 Dec 2026	18 Dec 2026	**£1,250.–**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Paris Confirmed dates	4 Jan 2027	8 Jan 2027	**£2,860.-**
Online Confirmed dates	4 Jan 2027	8 Jan 2027	**£1,250.-**
Istanbul Confirmed dates	18 Jan 2027	22 Jan 2027	**£2,650.-**
Online Confirmed dates	18 Jan 2027	22 Jan 2027	**£1,250.-**
Amsterdam Confirmed dates	1 Feb 2027	5 Feb 2027	**£2,540.-**
Online Confirmed dates	1 Feb 2027	5 Feb 2027	**£1,250.-**
Singapore Confirmed dates	15 Feb 2027	19 Feb 2027	**£2,820.-**
Online Confirmed dates	15 Feb 2027	19 Feb 2027	**£1,250.-**
Cape Town Confirmed dates	22 Feb 2027	26 Feb 2027	**£1,890.-**



Course content

Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Online Confirmed dates	22 Feb 2027	26 Feb 2027	**£1,250.–**
London Confirmed dates	1 Mar 2027	5 Mar 2027	**£2,450.–**
Online Confirmed dates	1 Mar 2027	5 Mar 2027	**£1,250.–**
Dubai Confirmed dates	15 Mar 2027	19 Mar 2027	**£3,150.–**
Online Confirmed dates	15 Mar 2027	19 Mar 2027	**£1,250.–**
Frankfurt Confirmed dates	5 Apr 2027	9 Apr 2027	**£2,650.–**
Online Confirmed dates	5 Apr 2027	9 Apr 2027	**£1,250.–**
Kuala Lumpur Confirmed dates	19 Apr 2027	23 Apr 2027	**£1,450.–**
Online Confirmed dates	19 Apr 2027	23 Apr 2027	**£1,250.–**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Barcelona Confirmed dates	26 Apr 2027	30 Apr 2027	**£2,840.–**
Online Confirmed dates	26 Apr 2027	30 Apr 2027	**£1,250.–**
Paris Confirmed dates	3 May 2027	7 May 2027	**£2,860.–**
Online Confirmed dates	3 May 2027	7 May 2027	**£1,250.–**
Istanbul Confirmed dates	17 May 2027	21 May 2027	**£2,650.–**
Online Confirmed dates	17 May 2027	21 May 2027	**£1,250.–**
Amsterdam Confirmed dates	7 Jun 2027	11 Jun 2027	**£2,540.–**
Online Confirmed dates	7 Jun 2027	11 Jun 2027	**£1,250.–**
Rome Confirmed dates	14 Jun 2027	18 Jun 2027	**£2,450.–**



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Dates, venues and fees (continued)

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Online Confirmed dates	14 Jun 2027	18 Jun 2027	**£1,250.-**
Singapore Confirmed dates	21 Jun 2027	25 Jun 2027	**£2,820.-**
Online Confirmed dates	21 Jun 2027	25 Jun 2027	**£1,250.-**
London Confirmed dates	5 Jul 2027	9 Jul 2027	**£2,450.-**
Online Confirmed dates	5 Jul 2027	9 Jul 2027	**£1,250.-**
Dubai Confirmed dates	19 Jul 2027	23 Jul 2027	**£3,150.-**
Online Confirmed dates	19 Jul 2027	23 Jul 2027	**£1,250.-**
Frankfurt Confirmed dates	2 Aug 2027	6 Aug 2027	**£2,650.-**
Online Confirmed dates	2 Aug 2027	6 Aug 2027	**£1,250.-**



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Dates, venues and fees (continued)

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Kuala Lumpur Confirmed dates	16 Aug 2027	20 Aug 2027	**£1,450.-**
Online Confirmed dates	16 Aug 2027	20 Aug 2027	**£1,250.-**
Cape Town Confirmed dates	23 Aug 2027	27 Aug 2027	**£1,890.-**
Online Confirmed dates	23 Aug 2027	27 Aug 2027	**£1,250.-**
Paris Confirmed dates	6 Sept 2027	10 Sept 2027	**£2,860.-**
Online Confirmed dates	6 Sept 2027	10 Sept 2027	**£1,250.-**
Istanbul Confirmed dates	20 Sept 2027	24 Sept 2027	**£2,650.-**
Online Confirmed dates	20 Sept 2027	24 Sept 2027	**£1,250.-**
Amsterdam Confirmed dates	4 Oct 2027	8 Oct 2027	**£2,540.-**



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Dates, venues and fees (continued)

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Online Confirmed dates	4 Oct 2027	8 Oct 2027	**£1,250.–**
Singapore Confirmed dates	18 Oct 2027	22 Oct 2027	**£2,820.–**
Online Confirmed dates	18 Oct 2027	22 Oct 2027	**£1,250.–**
Rome Confirmed dates	25 Oct 2027	29 Oct 2027	**£2,450.–**
Online Confirmed dates	25 Oct 2027	29 Oct 2027	**£1,250.–**
London Confirmed dates	1 Nov 2027	5 Nov 2027	**£2,450.–**
Online Confirmed dates	1 Nov 2027	5 Nov 2027	**£1,250.–**
Dubai Confirmed dates	15 Nov 2027	19 Nov 2027	**£3,150.–**
Online Confirmed dates	15 Nov 2027	19 Nov 2027	**£1,250.–**



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Dates, venues and fees (continued)

Venue	Start date	End date	Fee (GBP)
Frankfurt Confirmed dates	6 Dec 2027	10 Dec 2027	**£2,650.-**
Online Confirmed dates	6 Dec 2027	10 Dec 2027	**£1,250.-**
Kuala Lumpur Confirmed dates	13 Dec 2027	17 Dec 2027	**£1,450.-**
Online Confirmed dates	13 Dec 2027	17 Dec 2027	**£1,250.-**

Plan your next step

Dates, availability, exact venue, taxes, inclusions and payment terms require written confirmation. This brochure is not a quotation, registration, booking confirmation or visa invitation. Participants receive a Smart Horizon UK certificate of attendance; programmes are not externally accredited and do not award a professional qualification or designation. Confirm arrangements before booking travel.

For group or in-house training, contact our learning team to discuss your objectives and delivery arrangements.

Contact Smart Horizon

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