



**NO-NONSENSE STRATEGIES FOR:  
EFFECTIVELY HANDLING  
WORKPLACE CONFLICT**

*With Lisa G. Gilbert*

**Public Safety Consultant, Keynote Speaker, Strategic  
Leadership & Professional Development Facilitator**

**4-HOUR  
VIRTUAL EXPRESS  
WORKSHOP  
\$179.00  
PER PERSON**

**WHEN: JANUARY 23, 2025 TIME:  
1:00PM - 5:00PM ET**

Conflict at work can be terribly disruptive. Poorly managed, conflict will dismantle a team. It does this by destroying effective communication, and undermining trust between co-workers, peers, and higher-ups. In extreme cases, some people handle disagreements so poorly that they end up tarnishing their reputation, damaging workplace relationships, and possibly sabotaging their career plans.

However, if conflict is approached with the right mindset and intention, it can have great value and yield powerful and positive results.

**DURING THIS CUSTOMIZED, ENGAGING 4-HOUR FAST-PACED SESSION WE WILL:**

- Determine a few No-Nonsense wisdom truths to help attendees effectively navigate the workplace challenges they face in the workplace.
- Examine the sources of conflict in the workplace.
- Learn the necessity of responding vs reacting when it comes to workplace conflict.
- Be introspective and see how we can be our own worst enemy when interacting with others.
- Learn the 4-step process to professionalize conflict in the workplace that leads to better outcome.

**PARTICIPANTS THAT ATTEND THIS VIRTUAL SEMINAR WILL BE BETTER PREPARED TO DEAL WITH CONFLICT BY:**

- Being aware of the sources of conflict to guard against being 'triggered' and reacting badly.
- Gaining wisdom and strategies to effectively manage and deal conflict in the workplace.
- Developing the ability to respond professionally and not take things personally in the workplace.

**INSTRUCTOR:** Lisa Gilbert, CEO, No-Nonsense Training Solutions, Inc.

**REFUND POLICY:** Full refund given if participant cancels 14 days prior to the event. Less than 14 days, there will be no refund given, however we will gladly accept substitutions up until the day of the virtual event. Date to cancel and receive full refund is **January 9, 2025**

**CLICK HERE FOR INFORMATION  
ABOUT COACH LISA**

**CLICK HERE TO REGISTER  
AND PAY FOR YOUR SEAT**

**NoNonsense**  
*Training Solutions*  
"Providing Uncommon Training Strategies That Produce Outstanding Results"

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