

# Workplace Conflict Analysis Exercise

**Instruction:** Reflect on a specific conflict within your workplace and answer the following questions to better understand its nature and impact.

## 1. Who is involved in this conflict?

Describe the parties involved in a general sense (e.g., team member vs. team leader, or one department against another).

## 2. What is at issue in this conflict?

Identify the main point of disagreement or problem (e.g., disagreement on project direction, clash over resource allocation).

## 3. What effect is this conflict having on work performance, if any?

Note any observable impacts on individual or team performance, project timelines, or overall productivity.