

## Maintaining Effective Relations with your Coworkers, Colleagues, and Supervisor

### Part 1 - Assessing Impact

Consider a conflict situation that you have experienced recently:

- Would you place it in the green zone, blue zone or red zone? If it is in the green or blue zones, what could happen that might push it into the red zone?
- Is there a power imbalance present in the relationship? If so, how does that impact where you have placed it on the continuum?
- Have you been able to respond to the situation? How effective was your response?
- Could you have responded earlier? Why didn't you?