

# Sports Conflict Lab Clinic—Leading Through Conflict



## Leading Through Conflict



**Two hours. Five skills. One framework (SCL-CMM)** for turning conflict into collaboration. This foundational clinic gives you the awareness, tools, and practice to handle conflict with confidence — and come out the other side with stronger relationships and better results.

### Outcomes

- ✓ **Communicate to De-Escalate** — Use communication skills to reduce tension and navigate conflict in real time
- ✓ **Surface What's Really Driving the Conflict** — Distinguish issues from interests and address root causes, not symptoms
- ✓ **Manage the Emotional Landscape** — Recognize, regulate, and respond to emotions — yours and others'
- ✓ **Facilitate Collaborative Problem-Solving** — Generate options and move conflict toward shared, workable solutions
- ✓ **Build Trust and Sustain Resolution** — Demonstrate consistent behaviors that build trust and make resolution stick

### Length



### Clinic Format



**Classroom**



**Virtual**

### Audience

- Coaches
- Sports Administrators
- Sports Executives
- Leaders
- Officials
- College and Pro Athletes
- Business Leaders

### Tools



SCL Conflict Management Method (SCL-CMM) Playbook



SCL-CMM Active Conflict Field Guides



Sports Conflict Style Inventory

*"The leaders who move organizations forward aren't the ones who avoid conflict — they're the ones who know what to do with it."*

### Solves

- **Reactivity & Escalation** — Emotional volatility that inflames instead of resolves
- **Miscommunication & Confusion** — Breakdowns in how people hear and respond under pressure
- **Assumptions & Bias** — Unexamined beliefs that distort how we read situations
- **Misdiagnosis & Surface-Level Focus** — Treating symptoms instead of causes
- **Gridlock & Rigidity** — Win-lose thinking that blocks collaboration
- **Distrust & Inconsistency** — Skepticism and follow-through failures that erode relationships

### Improves

- **Regulation & Composure** — Managing emotional responses and staying grounded under pressure
- **Awareness & Clarity** — Sharper perception of yourself, others, and the dynamic in the room
- **Listening & Understanding** — Hearing what people are actually saying and meaning
- **Insight & Empathy** — Seeing beneath the surface to what's really driving behavior
- **Creativity & Collaboration** — Moving from stuck to solution through shared thinking
- **Trust, Reliability & Accountability** — Doing what you say, consistently, so resolution sticks