



Conflict Coaching - Flatmates/Neighbours scenario

Beverly shared a flat with two guys. She really enjoyed their company, but some of their habits made her fume. She had tried hinting and leaving little notes around the house, but this just seemed to cause more friction.

Beverly was thinking about moving out when a friend suggested Conflict Coaching. During the sessions, Beverly gained perspective on how important these problems were, what triggered her angry reactions, and how her attempts at communicating her dissatisfaction could be improved. With her plan of action prepared, she also let go of much of the stress she had been carrying around. An open honest discussion was held in the flat and the situation improved considerably.