

October 14th, 2025



Canada's

Healthy Workplace Month

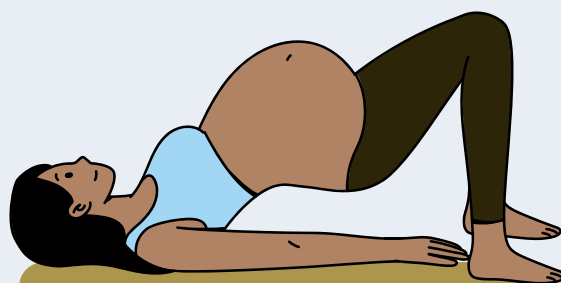
healthyworkplacemonth.ca

Conflict Resolution for a Positive Workplace

Healthy conflict resolution fosters stronger team dynamics and improves harmony in the workplace.

DID YOU KNOW?

When differences are addressed openly and respectfully, teams develop trust, improve communication and foster a more favourable working environment. This not only improves collaboration and productivity, but also contributes to the general well-being of employees and a positive corporate culture.



DAILY YOGA POSE

Bridge Pose (Setu Bandha Sarvangasana)

This pose symbolizes building a supportive bridge between opposing sides—making it a perfect reminder that conflict resolution relies on strength, openness, and creating space for understanding.

DAILY MOTIVATION : MUSIC TRACK

"We Can Work It Out" - The Beatles

This song reminds us that open communication and a willingness to understand each other are essential to resolving conflicts and building a more positive and cooperative workplace.



PRO TIPS FOR THE WORKPLACE

Use these tips when conflicts arise to approach them thoughtfully and transform challenges into opportunities for growth and collaboration:

- Stay calm and focus on solutions, not blame.
- Listen to all perspectives before responding.
- Find common ground to resolve disagreements.

Action:

If faced with a disagreement today, practice active listening before responding.

DAILY RECIPE

Bowl of Comforting Oats

1/2 cup rolled oats

1 cup milk or milk substitute

1 tablespoon chia seeds

1/4 cup diced apples

Hint of cinnamon

A drizzle of maple syrup

Nourishing and soothing - just like a safe space for your mind.



INSPIRE & REFLECT

Inspiration of the day

"Peace is not the absence of conflict, but the ability to cope with it." – Mahatma Gandhi

Mental Health Challenge

Reflect on a past conflict and identify one thing you learned from it.

Daily Affirmation

I handle conflicts with patience and understanding.

Reflection Question

How can I approach conflicts in a more constructive way?

Resource of the Day:

The Government of Canada's Informal Conflict Management System (ICMS) Services

The Government of Canada's Informal Conflict Management System (ICMS) Services offers free, bilingual resources and support to help employees resolve workplace conflicts in a healthy and constructive manner. Explore practical tools, coaching, and mediation services to foster a more positive and respectful work environment.

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