

Aquaculture **Deep Dive: Navigating Conflict** using **Effective** Communication **Stay Curious!**



Welcome!



Land & Sea Together

Mission

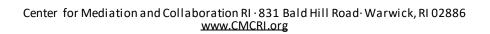
Land & Sea Together is building a network of services and opportunities to reduce stress for fisheries, forestry, and farming (FFF) enterprises, workers, and their families in Rhode Island.



The Center for Mediation and Collaboration RI

Mission

To empower people to resolve their disputes peacefully and respectfully.





Our time today

AGENDA

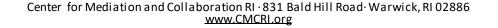
- Define conflict
- Barriers to Good Relationships
- Effective Communication
- Common Scenarios
- Additional Support





How Do You Know there is Conflict?

- Looks like....
- . Sounds like....
- Feels like....





Definition

One definition of conflict...

A sign that someone's needs are not being met.



The Shift



Finding the Path Through Conflict

3 Steps to Steps to Finding the Path Through Conflict

- 1. Identify the conflict-what are the needs that are not being met? Who is impacted? Where is it happening?
- **2. Determine your desired outcome-** future relationship? Time?
- **3. Identify your path-** How will you *stay curious*? When will this take place? Where will this take place? What communication methods will you use?





Barriers to Good Relationships

What gets in the way of good relationships with neighbors?





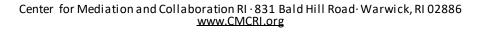
Barriers to Good Relationships Lack of communication
Assumptions
Misinformation
Notice- late or not at all
Unknowns (sight, sound, smell, traffic, strangers)





Overcoming
Barriers:
Effective
Communication

I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant.





Effective Communication

As early as possible

As complete as possible

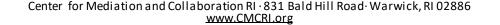
Say This, Not That!



Effective
Communication:
As Early As
Possible

Talk about the plans- to everyone!

CMCRI can help to facilitate these conversations





Effective Communication: As Complete As Possible

Share all of the informationyou want folks to hear it from you





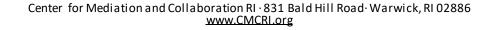
Communication: HOW?

Phone

Email

Text

Body Language





PHRASES THAT BUILD COOPERATION

Say This!

- ➤ No wonder you're feeling frustrated
- Please tell me what happened
- > Let me write this down so I've got it right
- > I'm sure we can find a solution
- ➤ Let me see if I understand you clearly
- ➤ Thank you so much
- ➤ I hear what you are saying





PHRASES THAT ESCALATE CONFLICT

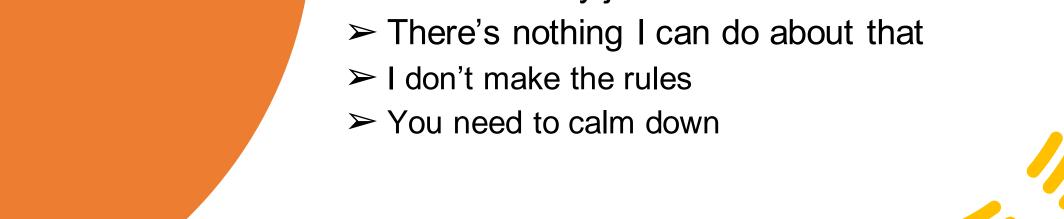
- ➤ I already told you that
- ➤ It's not my fault

Not That!

> You are not listening to me

Center for Mediation and Collaboration RI · 831 Bald Hill Road · Warwick, RI 02886 www.CMCRI.org

➤ That's not my job



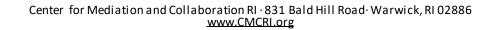
Communication: Checklist







Practice!





Wrapping It Up

Resources Available Ag mediation Farm Succession Planning

https://cmcri.org/service/agricultural-mediation/







Questions

Questions???





Feedback Please!



