

# Dialogue in Conflict

22nd - 26th of May 2023 — Birkebeineren Hotel, Lillehammer

## **Monday 22nd:** Elements of dialogue

Getting to know each other and the coming week  
Working on expectations and defining ground rules for the training  
The dialogue method – what it is and how it works  
Exercise: Identity and why it is essential in dialogue and conflict work  
What does it mean to listen?  
Exercise: Listening circle  
Exercise: Listening on different levels  
Exercise: The art of asking questions  
Exercise: The elements of dialogue

## **Tuesday 23rd:** Conflict and conflict analysis

Defining conflict  
Different types of conflict  
Introducing conflict mapping  
Exercise: Conflict mapping  
Exercise: Conflict analysis - The conflict tree  
Exercise: Actors' analysis: The onion

## **Wednesday, 24th:** Conflict transformation through dialogue facilitation

Five ways to approach a conflict  
What is conflict transformation?  
Exercise: How do we create trust?  
What is dialogue facilitation?  
Exercise: The role of the dialogue facilitator  
Exercise: Trying dialogue - The Fruit Marked

## **Thursday, 25th:** The role of the dialogue facilitator

Dialogue in practice - Role plays x 3  
Exercise: Dealing with strong emotions  
Exercise: Power dimensions in dialogue

## **Friday, 26th:** Public dialogues

What is public dialogue  
Experiencing a public dialogue  
Exercise: Me as a dialogical communicator  
Using dialogue in own engagements

*This training follows a process oriented approach, and the program is therefore highly tentative and may change according to the needs and wishes of the group.  
The exercises are gone through in a way so that participants are able to put them into practice in their professional and private lives.*