

# Collaborative Conflict Canvas

SESKAT Training  
Toolbox

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## Description

The "Collaborative Conflict Canvas" is a dynamic and visual tool designed to guide individuals or groups through the process of resolving conflicts collaboratively. It employs a canvas divided into key sections, each addressing different aspects of conflict, with a focus on promoting understanding, communication, and joint problem-solving.

## Objectives

- To visualise perspectives by representing each party's perspective on the conflict
- To identify and articulate feelings, needs and goals
- To provide a structured space for participants to express themselves and engage in active listening
- To highlight the potential for collaboration and mutual benefit
- To facilitate the development of concrete, actionable solutions that address core issues

## Connection with Soft Skills and Emotional Intelligence

This tool promotes self-awareness by having participants reflect on their own emotions and perspectives. It encourages the development of other soft skills as well, such as empathy towards others' experiences and effective communication about emotions and needs. Finally, it provides a structured approach to managing these emotions and finding solutions.



# Resources and Materials

- Large canvas or whiteboard with designated sections (e.g., Feelings, Needs, Goals).
- Sticky notes and/or markers for participants to write and place their thoughts on the canvas.

## Steps

**01**

15 minutes: Brief participants on the purpose of the Collaborative Conflict Canvas. Explain each section of the canvas and its role in the conflict resolution process.

**02**

20 minutes: Participants privately reflect on their feelings, needs, and goals related to the conflict. Ask them to write down key points on sticky notes.

**03**

40 minutes: The participants place their sticky notes on the canvas in the relevant sections. The facilitator guides a discussion around each section, encouraging participants to share insights.

**04**

30 minutes: Next, get the participants to identify common ground between them by leading a discussion on shared feelings, needs, and goals. Be sure to emphasise the potential for collaboration and win-win solutions.

**05**

25 minutes: Finally, the participants work together to develop actionable solutions. Guide the group in refining and finalising the proposed solutions.

# Learning Outcomes

By the end of this activity, participants should be able to:

- Gain self-awareness of personal emotions and needs in conflict situations.
- Demonstrate empathy as participants gain insight into others' perspectives.
- Apply communication skills, particularly in expressing and understanding emotions.
- Solve problems through collaboration
- Identify concrete, actionable solutions and a commitment to implementing them for resolution.

