

# Sydney's new Freedom



Sydney lifts its lock-down restrictions today after more than 100 days. And as many businesses are setting a road map for returning to the office for work, virtual interactions will still exist but there will also be a transition into face-to-face interactions in office environments. It has been a long wait for many of us and we will need to remember how to flex our soft skills muscles that are required for effective communication.

#PinkUniversity just launched a module titled Talking Through Conflict.

As human conflict is an ever-present social phenomenon and many theories have been developed around it, the management thereof should be part of our life skill package, and we need to practice it on a regular basis.

In my opinion, it's essential for leaders and future leaders and can be enjoyable when you master it. Most importantly, conflict is never one-sided and will almost always require an ability to compromise.

In their module, Pink University will cover:

- how to prepare for interpersonal conflict
- how to communicate appropriately and
- how to agree to a solution.