

# IS CONFLICT CONSUMING YOUR ENERGY??

Try CONFLICT COACHING !



It is a confidential one on one process in which trained student coaches help other students identify, resolve and manage their conflict. It is a partnership where the agenda, goals, and solutions come from the student with the coach's help. No advice, counseling, or legal help is given.

## Benefits

- It is confidential and individualized
- It is flexible. Coaches can meet you in the library or even a coffee shop!
- It is accessible...in person or on the phone.  
Scheduling can be done by email.
- You get help for conflicts with roommates, parents, team mates, landlords, co-workers, online communication, significant others, classmates, group projects, hall mates, faculty, neighbors, bullying, time management, or adjusting to campus life.
- It gives you R and R (Relief with Resolution)!
- Best of all, it frees up time and energy spent on worrying, and it is FREE!

Select a coach or learn more about conflict coaching on our website

**[sspa.boisestate.edu/conflictcoaching](https://sspa.boisestate.edu/conflictcoaching)**