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“Yes, and”: A Guiding Principal for Difficult Conversations

Saturday, January 21, 2023 4:15 PM (1 hour)

Conversations with a boss, coworker, or even a family member on challenging topics can be difficult to navigate. In this workshop, participants will learn how to use the principle of “Yes, And” to ensure such conversations are productive for all parties. “Yes, and” is a method where we validate the perspectives of others while adding our own - notably, without refuting theirs. This allows all parties to come to a collaborative solution. The learning objectives of this workshop are to: 1) gain confidence in approaching conversations, 2) learn skills to think on one’s feet and redirect as needed, and 3) develop experience in active listening and responding accordingly.

Presenters: Dr LAUDADIO, Elizabeth (Argonne); Dr KINSLEY, Paige (Argonne)

Session Classification: Forums/Skills Workshop