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PSL Programme — Personal, Social and Learning-to-Learn Competences

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C. Reading Material

Reading: Collaboration & Positive Conflict Resolution

Collaboration means:

- working together respectfully,
- sharing ideas,
- supporting others,
- and participating positively in group environments.

Collaboration can strengthen:

- confidence,
- communication,
- problem-solving,
- inclusion,
- and emotional wellbeing.

Conflict and disagreement are normal parts of relationships and teamwork.

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Conflict may happen because of:

- misunderstandings,
- stress,
- different perspectives,
- communication difficulties,
- or emotional reactions.

Healthy conflict resolution involves:

- listening respectfully,
- staying calm,
- recognising emotions,
- communicating clearly,
- and working toward positive solutions.

Conflict resolution is not about “winning.”
It is about:

- understanding,
- cooperation,

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- and finding respectful ways forward.

Positive collaboration and respectful communication help create:

- safer relationships,
- stronger communities,
- and supportive learning environments.

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