

Welcome to 2025 Leadership Convention

This session will begin soon



Conflict Resolution; Kindness Across Difference

Presenter - Jan Saeed

MA in Conflict Resolution

One Kind Act a Day/Interfaith and Higher Education

Workshop 4D

Thursday, May 8, 2025

10:25-11:25 am



Approaching Conflict Resolution through the Lens of Compassionate Consultation

1. Changes difficult conversations into ones of hope and greater understanding
2. Develops new perspectives around conflict resolution
3. Applies universal values such as compassion, justice, and unity
4. Increases listening skills
5. Sets an environment to build safe and courageous spaces for success
6. Shares tools for personal development for the process



Compassionate Consultation

- *Out of the clash of differing opinions comes the spark of truth.*
- *True consultation is spiritual conference in the attitude and atmosphere of love.*
- *Consult in all things.*



World View and Levels of Decision Making

| Decision Making Models | Perspective (World) | Principle (Operating) | Purpose (Ultimate) | Level of Individual/ Group Development | Nature of Decisions |
|------------------------|---------------------------|--------------------------------|--|--|---|
| Level 1 | <i>Vague</i> | <i>Unformulated</i> | <i>Self-Preservation (Instinctual)</i> | <i>Infancy</i> | <i>Arbitrary Conflict Resolution</i> |
| Level 2 | <i>World is Dangerous</i> | <i>Dominance or Submission</i> | <i>Survival</i> | <i>Childhood</i> | <i>Authoritarian conflict resolution</i> |
| Level 3 | <i>World is a jungle</i> | <i>Survival of the Fittest</i> | <i>Power and/or Pleasure</i> | <i>Adolescence</i> | <i>Power Struggle Conflict Resolution</i> |
| Level 4 | <i>World is One</i> | <i>Truth and Justice</i> | <i>Unity in Diversity</i> | <i>Adulthood</i> | <i>Consultation</i> |





ONE KIND ACT A DAY

GUIDELINES FOR SHARING

Speak your truth with kindness

Validate other's experiences

Ask kind questions to seek clarification

Strive to not be offended or offend

Share the time

Use "I" statements

Everyone has the right to pass



Creating
a safe and
courageous
space to hold
difficult
conversations





CREATING A CULTURE OF KINDNESS

Keep an open mind and heart

Actively listen for new perspectives

Practice compassionate consultation

Be respectful of all

Look for the good in everyone

Develop virtues of justice and peace

Unity in diversity is the foundation

Love is the answer



Social Engagement

What is the Culture we hope for?

What does that space look like?

Four Neurohormones
that promote the philosophy of
One Kind Act a Day



1. Endorphins
2. Dopamine
3. Oxytocin
4. Serotonin



We are all in the same boat now, no matter how we got here..We are all in the same boat now, no matter how we got here..

Optimism v/s Cynicism

Values

Character Matters



▶

Amanda Gorman National Poet Laureate





The Hill we Climb: By Amanda Gorman :

- “We are one family regardless of religion, class, or color for what defines a patriot is not just our love of liberty, but our love for one another.
This is loud in our country's call because while we all love freedom, it is love that frees us all.
Empathy emancipates, making us greater than hate or vanity. That is the American promise, powerful and pure.
Divided we cannot endure but united we can endeavor to humanize our democracy and endear democracy to humanity.
And make no mistake, cohering is the hardest task history ever wrote, but tomorrow is not written by our odds of hardship, but by the audacity of our hope.....”

Incredible moment in history

Coming Together

The self, us, now...perspectives

Preparation for compassionate consultation:

The individual
The relationship
The process



ONE TREE

ALI YOUSSEFI
A WORLD COLLABORATION

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Connect with us on social media



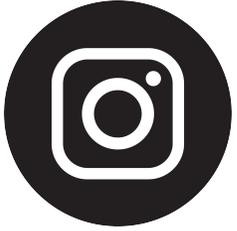
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