

# CONFLICT RESILIENCE :

*a tool for*

# POLARIZING TIMES

**ROUNDTABLE  
BREAKFASTS**

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January 4, 2023

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*What*

*Why*

*How*

*Implications for field*

*Questions & Discussion*

## CONFLICT RESILIENCE:

TOOL FOR POLARIZING TIMES

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*The ability to sit with and be fully present around those with whom we have fundamentally different views on critical issues, listening with generosity and sharing one's own view with authenticity and grace*



WHAT IS  
**CONFLICT RESILIENCE?**

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**CONFLICT RESILIENCE:**  
TOOL FOR POLARIZING TIMES

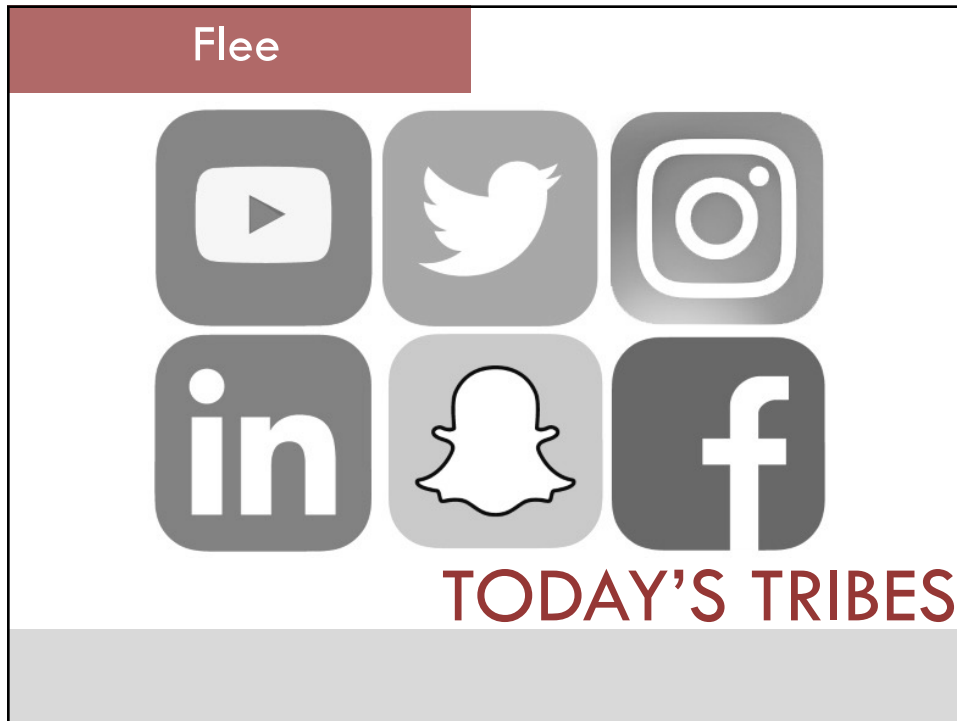
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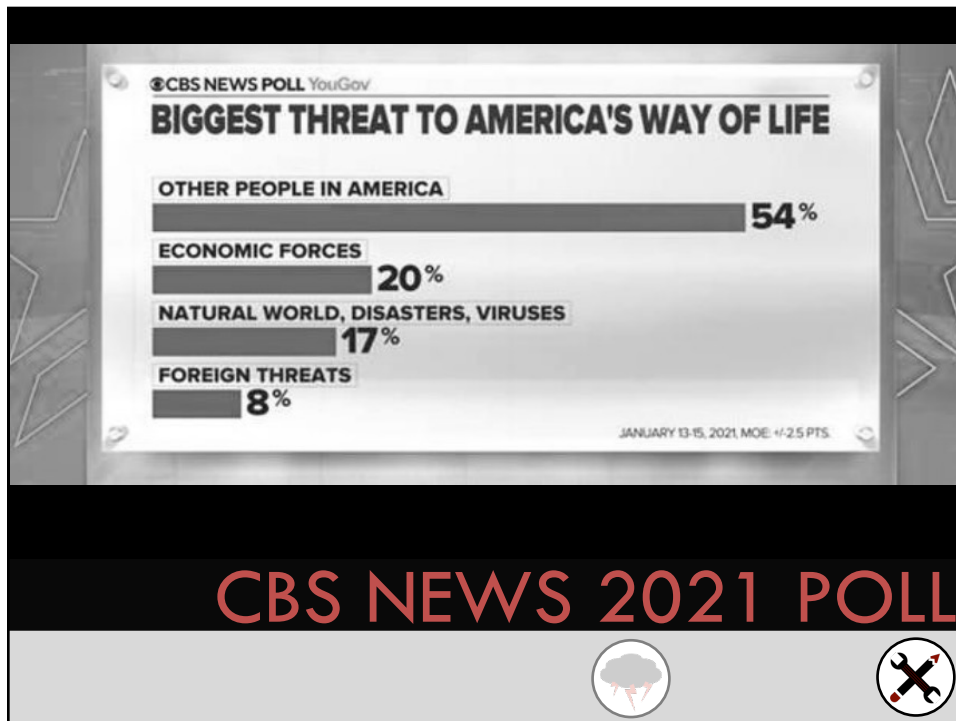


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**CONFLICT RESILIENCE:**  
21<sup>ST</sup> CENTURY LEADERSHIP & SURVIVAL SKILL

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*Growth in empathy*

*Reduction in demonization*

*Increase in social capital, trust,  
& ability to co-exist peacefully*

*Increase in patience, tolerance,  
& other virtues*

*Capacity for problem-solving*

BENEFITS OF  
**CONFLICT RESILIENCE**

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**CONFLICT RESILIENCE:**  
TOOL FOR POLARIZING TIMES

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1. Mindful Awareness

3. Brave Assertion

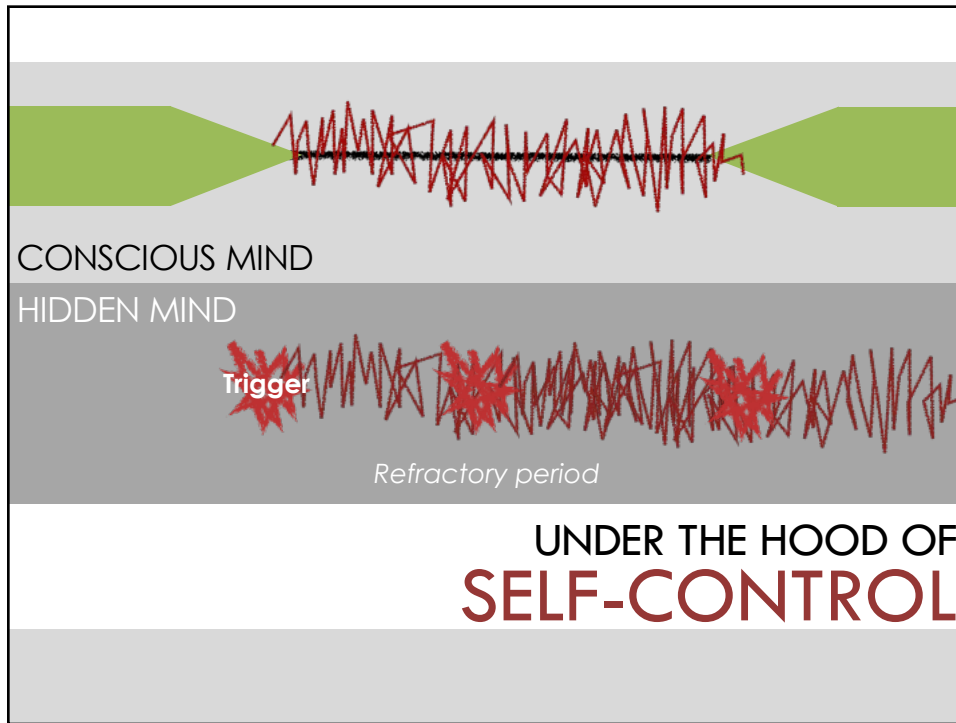
2. Curious Listening

4. Low-Risk Containers

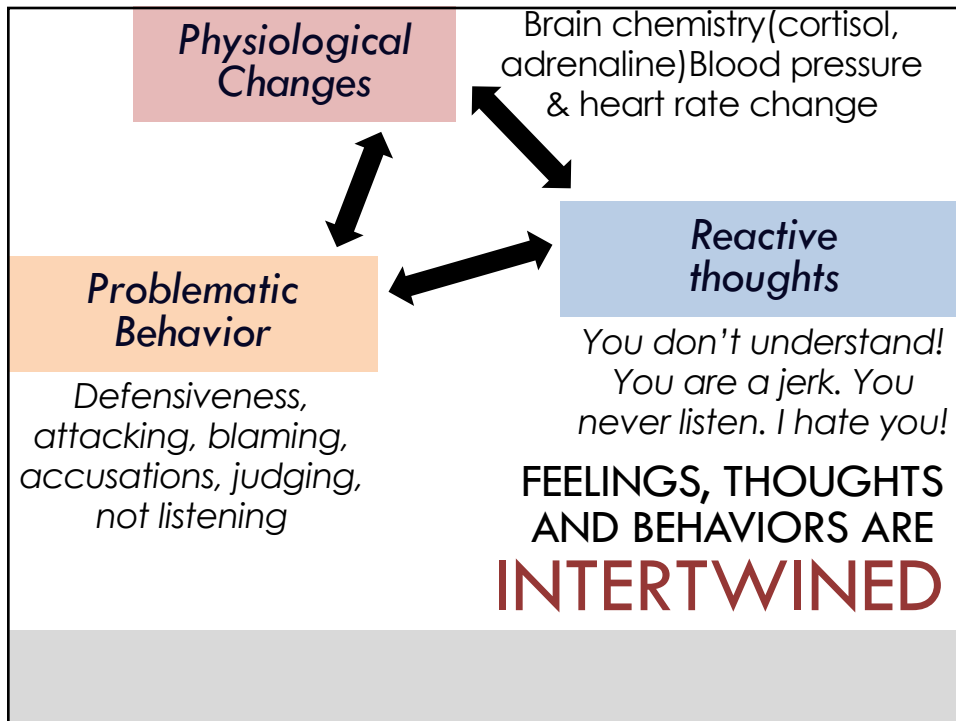
**PILLARS OF**  
CONFLICT RESILIENCE

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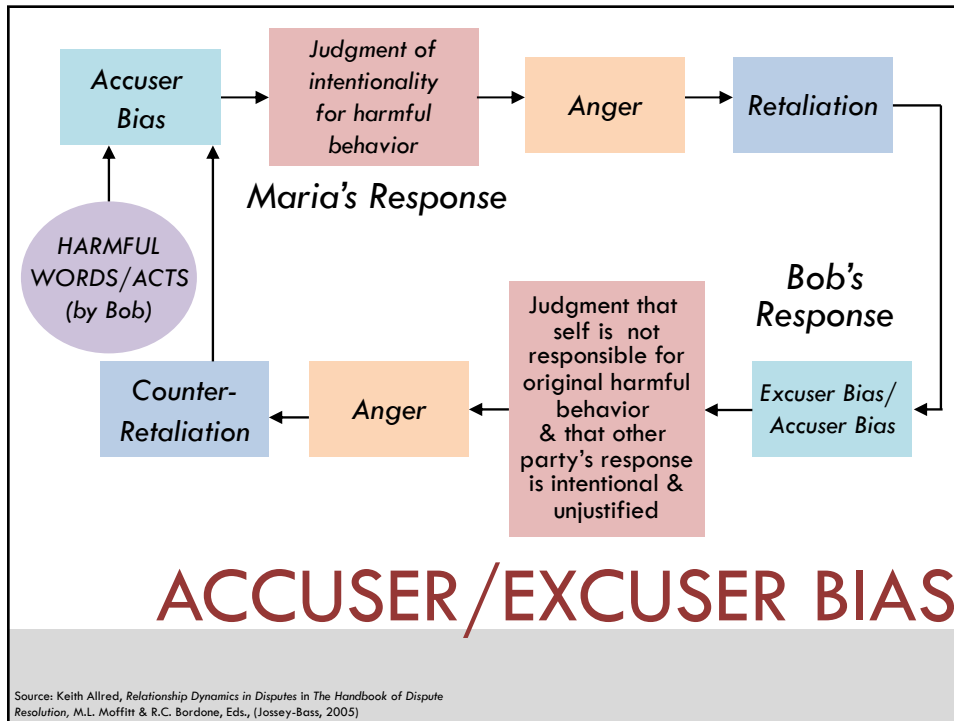




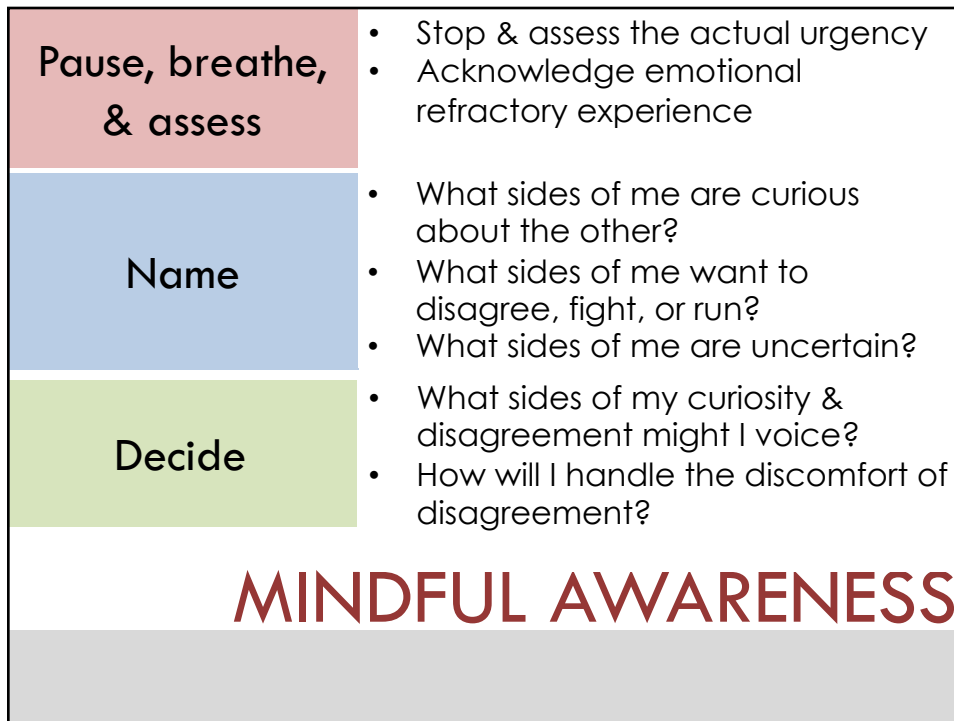
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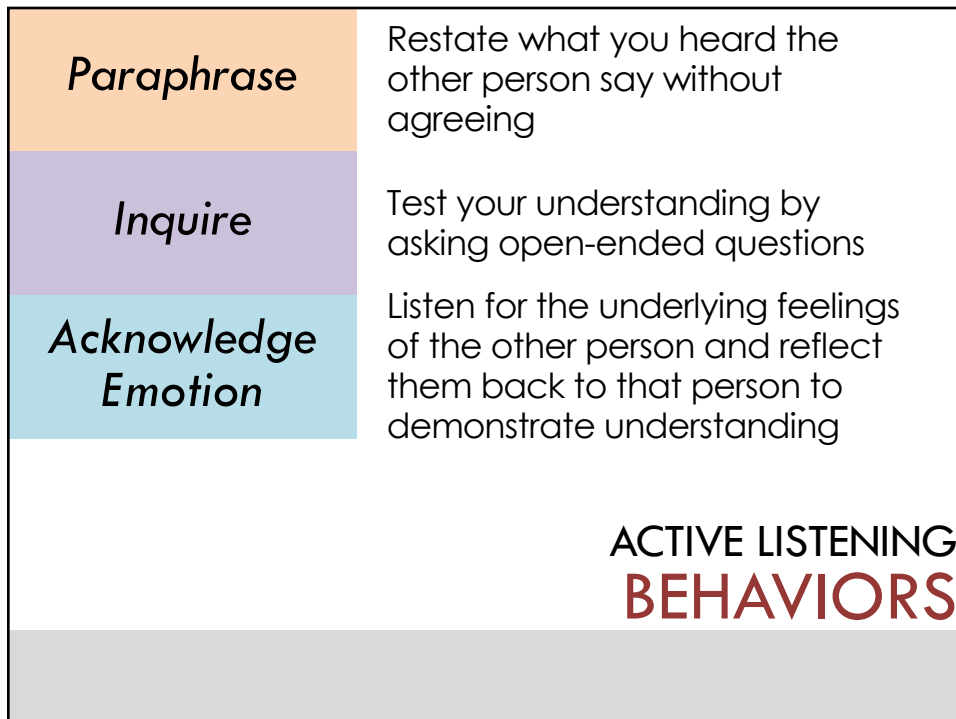
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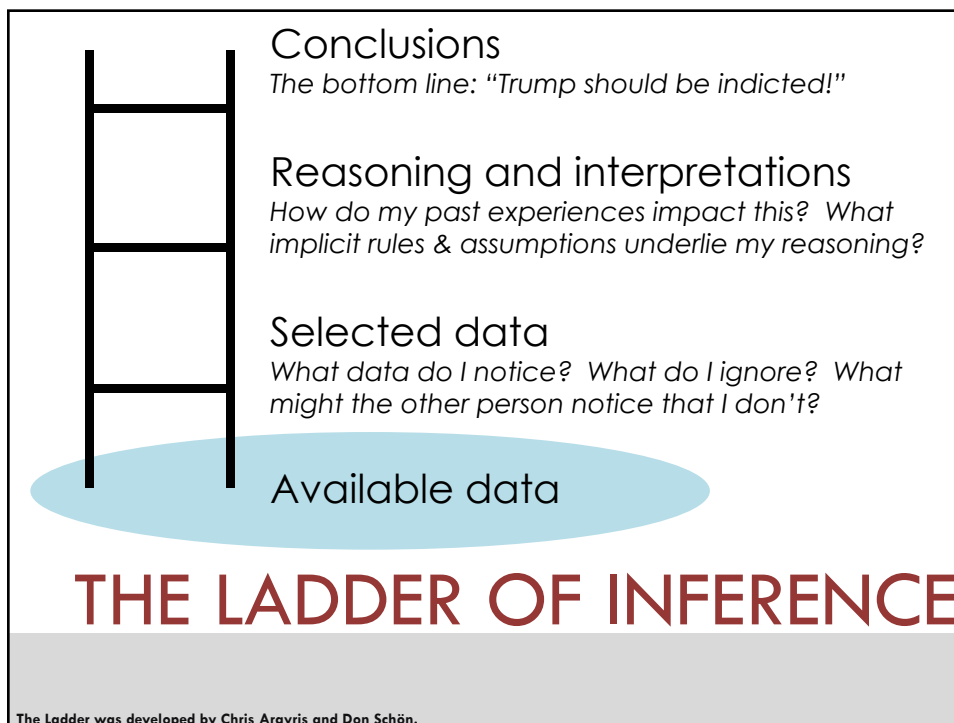
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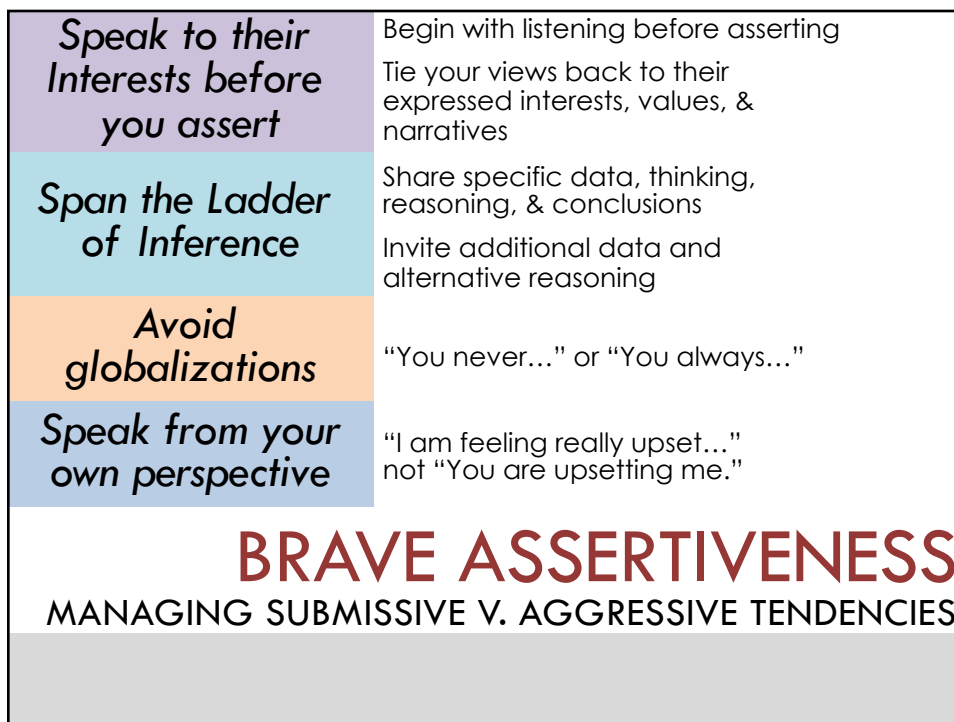
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1. *Mindful Awareness*

2. *Curious Listening*

3. *Brave Assertion*

4. *Low-Risk Containers*

**PILLARS OF  
CONFLICT RESILIENCE**

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**Sample ground rules**

**Step Up, Step Back** Give everyone a chance to share and speak, especially in a "virtual" environment.

**Use "I" Statements** Speak from your own experience.

**Be raggedy** Consider sharing your thoughts and feelings even if the words might not come easily.

**Engage constructively** Strive to engage constructively, without personal attacks or interruptions.

**SET GROUND RULES**

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*Sample ground rules*

1. One person speaks at a time
2. No side conversations
3. No personal attacks—  
comment on ideas, not people
4. Listen to understand
5. Respect agreements about time
6. Turn off cell phones

**SET GROUND RULES**

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TOOL FOR POLARIZING TIMES

**CONFLICT RESILIENCE:**

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*Discomfort*

*Self-Identity*

*Hard to Measure*

*Already too Busy*

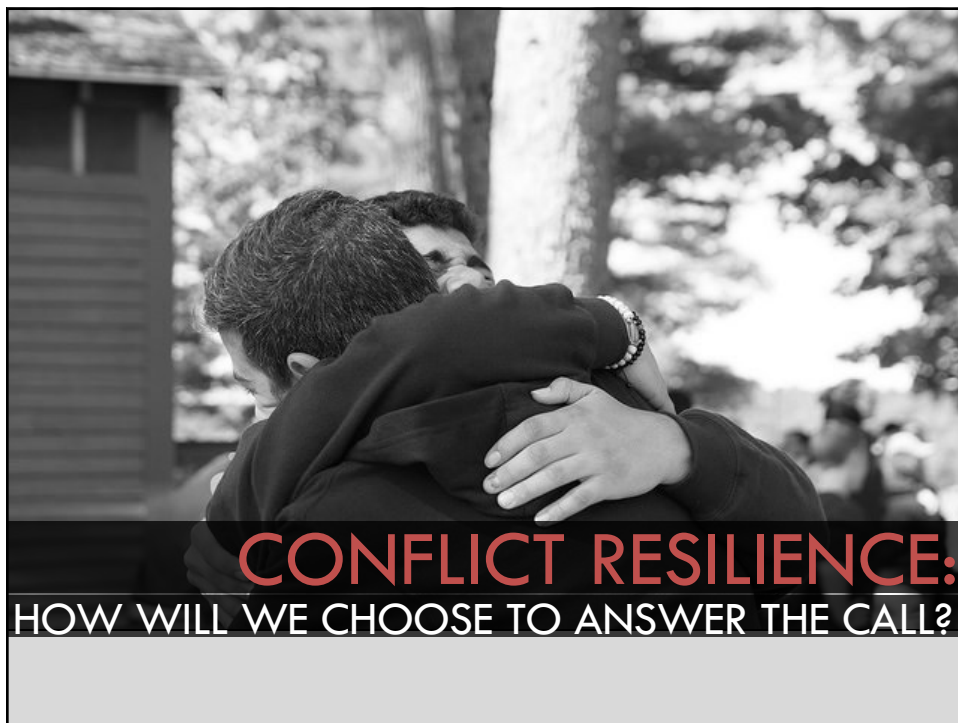
*No Market*

UNPACKING RESISTANCE TO  
**CONFLICT RESILIENCE**

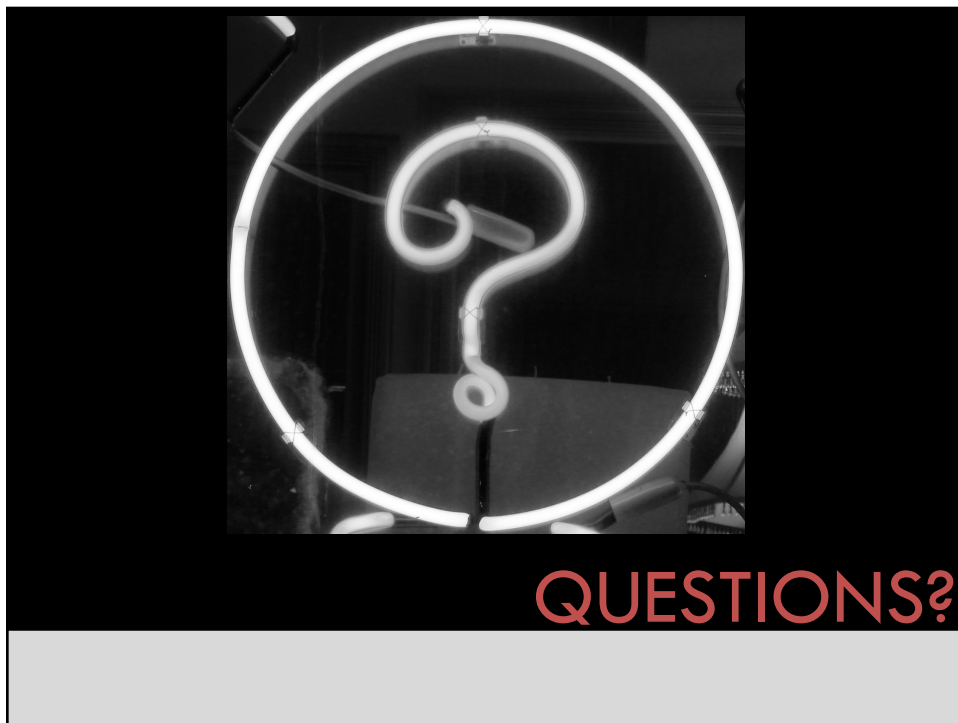
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The banner features the YouTube logo at the top. Below it is a red horizontal band with a circular profile picture of Bob Bordone on the left. To the right of the profile picture, the name "BOB BORDONE" is written in white, bold, uppercase letters. Underneath the name, in smaller white text, it says "New Episodes Every Monday, Wednesday, and Friday". Below the red band, the text "WATCH & SUBSCRIBE" is written in a large, dark red, sans-serif font. The bottom of the banner is a solid grey bar.

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This section contains three rows of social media information. The first row features the Twitter logo on the left, followed by the text "For negotiation/dialogue news, updates, & commentary:" and the handle "@bobbordone". The second row features the LinkedIn logo on the left, followed by the text "Connect at **Robert Bordone**". The third row features a handshake icon on the left, followed by the text "For negotiation & difficult conversations coaching & training:" and two lines of contact information: "[bobbordone@gmail.com](mailto:bobbordone@gmail.com)" and "[www.bobbordone.com](http://www.bobbordone.com)". At the bottom of this section, the text "STAY IN TOUCH" is written in a large, dark red, sans-serif font. The bottom of the entire section is a solid grey bar.

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