



UP'N'CHANGE

CONFLICT-FACILITATOR

Resolve conflicts. Get ahead.

This is how you overcome problems.

Whether in your professional or private life, conflicts cost time, energy, and nerves, and they ultimately hamper your success. The Conflict-Facilitator helps you manage difficult situations and stress with ease. An objective, digital tool at your side – around the clock.

Your benefit:

- ✓ Your benefit:
- ✓ Quick, non-bureaucratic self-help in stress situations
- ✓ New ways of communication and behaviour
- ✓ Understanding your stress pattern
- ✓ Practical tips on how to deal with your conflict partner
- ✓ Audio files with mental exercises for personal progress
- ✓ Report with the most important findings sent to you by e-mail



A digital tool for self-help

- ✓ Takes only one hour to finish, no waiting time
- ✓ Compressed, year-long expertise
- ✓ Completely discreet: no online documentation of sensitive information
- ✓ Flexible use: Use the Conflict-Facilitator wherever and whenever you want – all you need is an Internet connection

Log in – Use – Get ahead.

Get some help now and start a new, fulfilled life without conflicts. It's that simple: log in, go through the Conflict-Facilitator step by step, and reap immediate benefit. Make your life easier with new knowledge and insights.

www.upnchange.com/digitools/conflict-faciliator



Change to Success
www.upnchange.com

GOAL-FINDER

STRESS TYPE-CHECK

CONFLICT-FACILITATOR

