

THE R.I.S.E. METHOD

By Dr. Debra Dupree, The Mindset Doc



R – RECOGNIZE THE TENSION

Don't ignore the signs of conflict. What emotions are showing up? Where is the discomfort coming from?



I – INVESTIGATE THE ROOT CAUSE

Before reacting, pause. What assumptions are you making? Is there a more profound misunderstanding?



S – SET THE STAGE FOR DIALOGUE

Timing and tone matter. Choose the right moment to address the issue calmly and constructively.



E – ENGAGE WITH SOLUTIONS

Move from blame to problem-solving. What's one step forward that both sides can agree on?

Handle conflict with confidence and transform tensions into productive dialogues!

Try the R.I.S.E. Method today!



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