

LEADING THROUGH THE FIRE

Regulate Your Emotional Response

- 1) Recognize your personal signs of flight/fight response
- 2) Consider what situations, words, or actions tend to spark an emotional response for you
- 3) Interrupt the hijack
 - 1) Stop the Train (Notice / Breathing)
 - 2) Redirect the Train (Reframe)
 - 3) Joint Problem-Solving

Engage with Courage & Clarity

- 1) Acknowledge emotions with strategic empathy
- 2) Set boundaries and maintain your professionalism
 - 1) Refuse to engage in personal attacks
 - 2) Focus on the issues
- 3) Proactively address withdrawal and inaction
- 4) Support the “engaged-exhausted” profile and take care of yourself if that’s you!



<https://www.adr.af.mil>

<https://www.youtube.com/@airforcenegotiationdispute8925>



<https://www.airuniversity.af.edu/AFNC>



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Contact your local team for a neutral or conflict coaching referral