



**IWS**

Interpersonal  
Wellness Services Inc.

# ADR Hub Presentation: Conflict Coaching & The IWQ

By: Joyce Odidison

# Why do People get in Conflicts?



# Conflict Costs and Consequences



# Interpersonal Wellness Theory Asks...

- Who are you being in this conflict?



# IWS Introduces a Pause





# Interpersonal Wellness Allows for..

- Self-discovery
- Acknowledgement
- Mindfulness
- Resonance
- Renewal
- Wellness
- Peace building



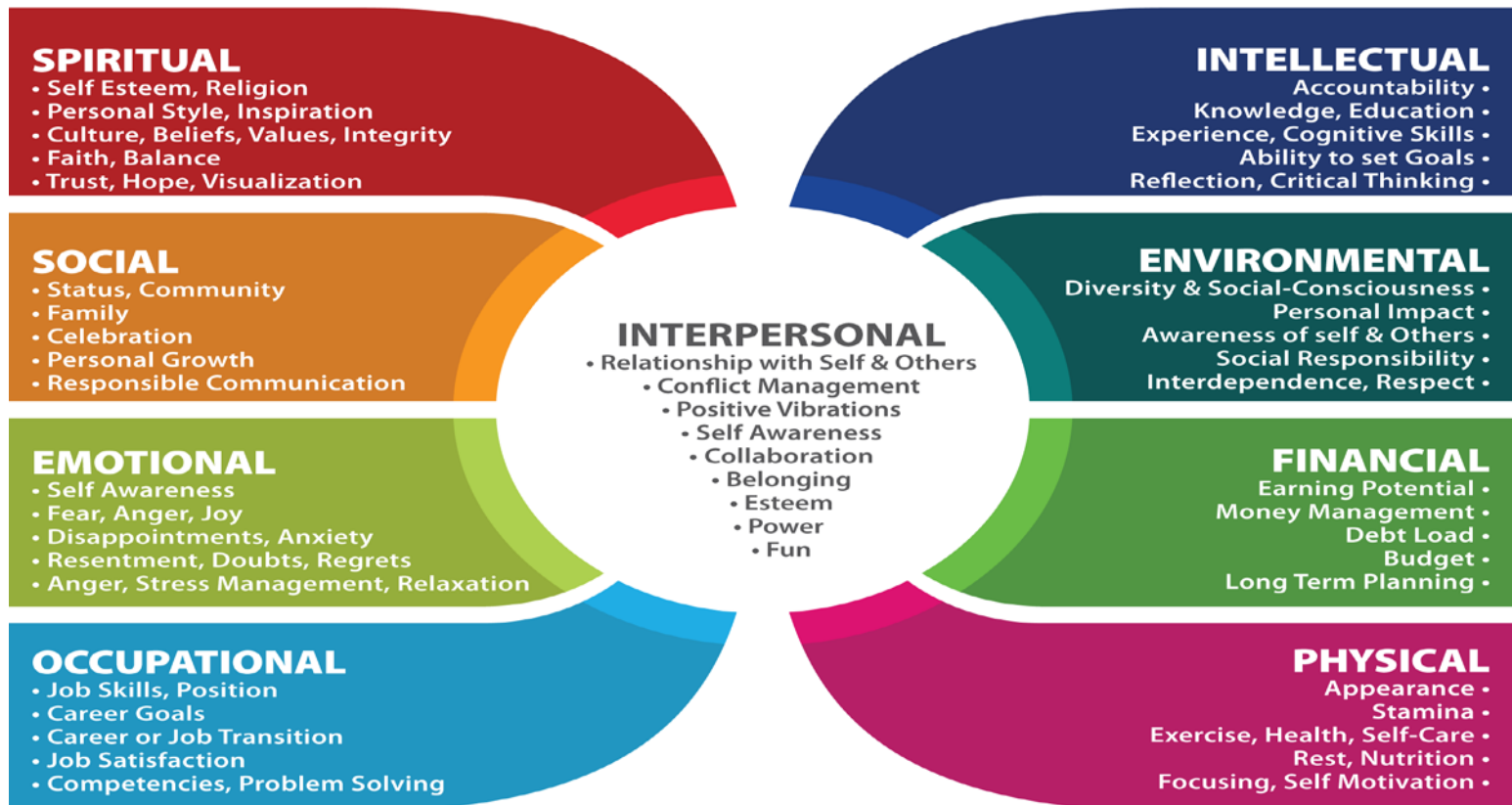
# I-Wellness Theory...

- Interpersonal relationships are essential for personal well being.



# I-Wellness Quotient

## Interpersonal Wellness System Model





# Transforming Conflict from....

- Interpersonal Conflicts into Interpersonal Wellness



# Getting Results

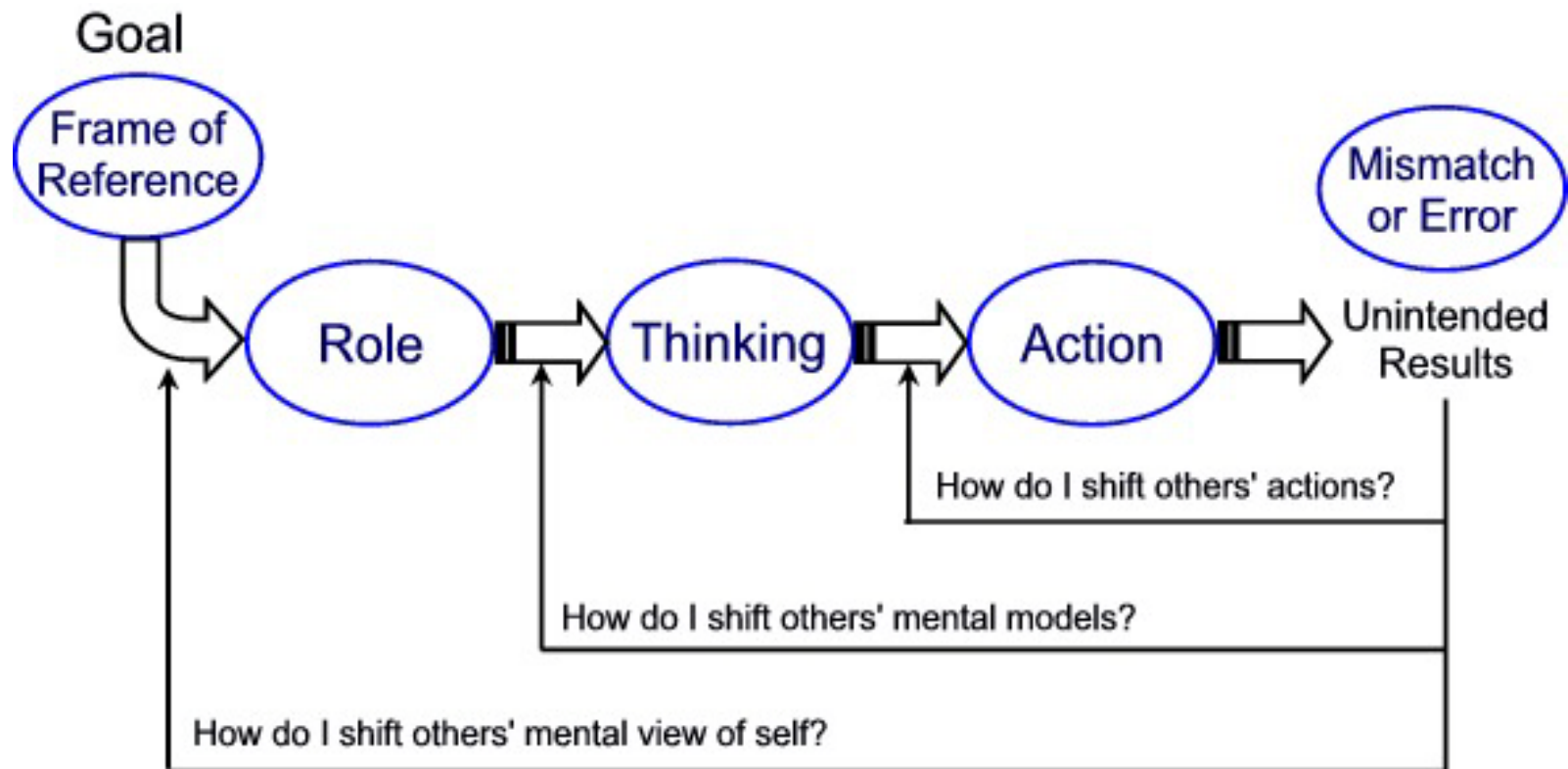
- Create awareness
- Allows for transformation
- Allows for triple loop learning
- Incites conversation and new assumptions



# For People and Groups



# Allows for Triple Loop Learning



# Nine Competencies for Transformation

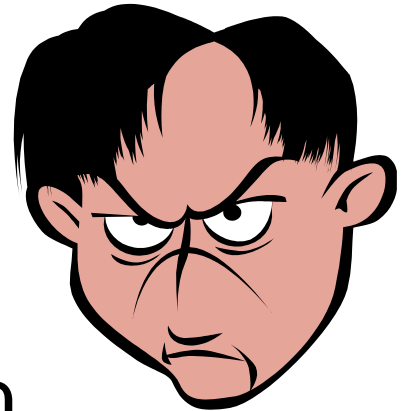
- Value Alignment
- Network
- Self-Mastery
- Contribution
- Capacity Building
- Interdependence
- Innovation
- Vibrancy
- Purposeful Engagement





# Working with Individuals

- Personal assessments
- Identify I-Wellness Profile
- Create I-Wellness Coaching Plan
- Engage high conflict clients in deeper self-discovery



# Working with Groups



# Working with Organizations



# Contact Information

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Next IWQ Facilitator training – July 23<sup>rd</sup> to  
August 2, 2013. (10% discount to those on  
this call – discount code **ADRHUB**)