

Level Up

GUIDE

YOU & ME

VS THE PROBLEM

W/JOHN BARRETT

LEVEL UP



SESSION SUMMARY:

Conflict is a natural part of any organization, arising from differing perspectives, goals, and personalities. However, the way conflict is managed can either strengthen or weaken a team. The 'You and Me Versus the Problem' mindset encourages viewing problems as external issues that both parties can tackle together rather than seeing each other as the problem. This approach fosters a healthier work environment, promoting collaboration and better solutions. Leaders are essential in cultivating this culture by focusing on the problem, not the person, and providing ongoing training and resources. By intentionally adopting this mindset, teams can transform conflict into a constructive force for growth and cohesion.

GROUP QUESTIONS:

1. What stood out to you the most from this video?
2. Can you think of a time when you experienced 'you and me versus the problem' in your life? How did it feel?
3. Why do you think it's so easy for people to fall into the 'you and me equals the problem' mindset?
4. How can we as a group encourage a culture of 'you and me versus the problem'?
5. What are some practical steps we can take to separate the 'who' from the 'do' in our conflicts?
6. How does healthy conflict contribute to personal and organizational growth?
7. What role does emotional intelligence play in managing conflict effectively?
8. How can we apply the principles from this video in our daily lives and interactions?

APPLICATION:

This week, make a conscious effort to approach any conflicts or tensions with the mindset of 'you and me versus the problem.' Focus on working together to find solutions rather than seeing the other person as the problem. Reflect on how this approach changes the dynamics of your interactions.