



Keeping **It** **Cool**-Conflict to **Connection.**

Workshop for
B. Des. (Hons.) 2023 batch

By: School of Arts & Design,
Woxsen University

Organized for: Design 2023
Batch (Communication,
Fashion, Interior, and
Industrial Design)

**Facilitators: Prof. Joan M.
Kelly**

**Planned by: Dr. Murali V
Kesaboina, Asst. Dean
Student Affairs**

Introduction

THE KEEPING IT COOL – CONFLICT TO CONNECTION

WORKSHOP WAS DESIGNED TO HELP STUDENTS NAVIGATE CONFLICT EFFECTIVELY THROUGH SELF-AWARENESS, EMOTIONAL EXPRESSION, AND ASSERTIVE COMMUNICATION. THIS INTERACTIVE SESSION ENCOURAGED PARTICIPANTS TO UNDERSTAND THEIR EMOTIONAL TRIGGERS, EXPRESS FRUSTRATIONS THROUGH ART, AND DEVELOP STRONG, SOLUTION-ORIENTED RESPONSES.



Workshop Highlights

Understanding Emotional Triggers:

Students identified personal triggers such as unmet expectations, perceived injustice, powerlessness, and jealousy, fostering deeper self-awareness.

Guided Reflection & Artistic Expression:

Participants visualized past conflicts and expressed their emotions through guided drawing exercises, helping them recognize and process their anger constructively.

Assertive Communication Training:

The facilitators introduced the key principles of assertive messaging—being direct, respectful, confident, and solution-focused—using real-life scenarios.

Practical Application:

Students worked in pairs to share personal experiences and craft assertive responses using “I” statements, shifting from passive or aggressive reactions to clear, professional communication.



KEY LEARNINGS

Self-awareness plays a crucial role in managing conflicts effectively.

Artistic expression can be a powerful tool for emotional release and self-reflection.

Assertive communication fosters constructive dialogue and problem-solving without escalation.

Developing confidence in expressing personal boundaries leads to healthier interactions.



The workshop provided an engaging and transformative experience for the Design 2023 batch, equipping them with essential skills in conflict resolution and communication. By integrating creative exercises with practical techniques, students gained valuable insights into managing interpersonal challenges effectively. This initiative aligns with Woxsen University's commitment to holistic learning and emotional intelligence development.

This session successfully empowered students to handle conflicts with confidence and clarity, reinforcing the importance of emotional intelligence in design education and beyond.

CONCLUSION

