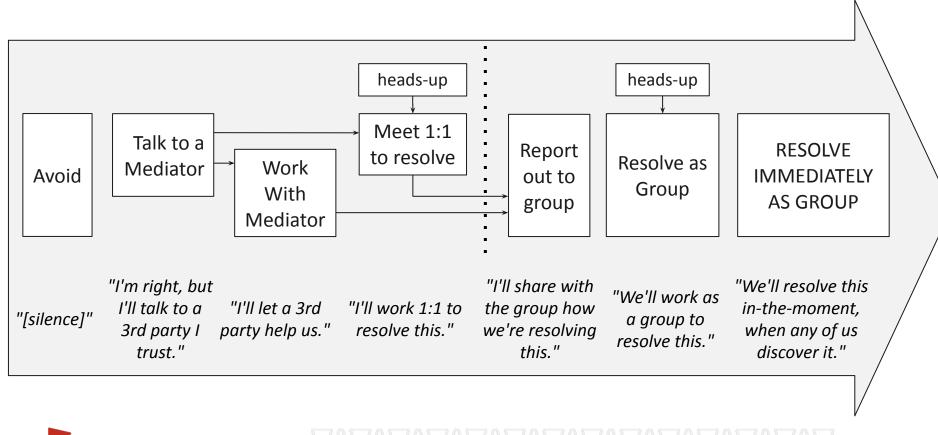
Conflict Growth Path



ROS

Necessary Ingredients

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- 1. *Courage*: Speaking your truth.
- 2. *Selflessness*: Keeping the other's best interests in mind.
- 3. *Humility*: Suspending your assumptions; making room for others to speak their truth.
- 4. *Self-Awareness*: Gaining deeper insights about oneself.



The Internal Journey

Avoidance		Engagement		Courage	
Self-Protection	\longrightarrow	Vulnerability	>	Selflessness	
Arrogance	\longrightarrow	Curiosity	\longrightarrow	Humility	
Sleepwalking	>	Self-Observation		Self-Awareness	/

