Strategic HR Negotiation and Conflict Resolution Training Course



29 Nov - 03 Dec 2026

Manama

4400 € (Per Person)

Ref: #HR4538_243152

Course Introduction / Overview:

In today's dynamic corporate environment, the role of the Human Resources professional has evolved into a strategic partnership that is central to organizational success. Effective negotiation and conflict resolution are no longer optional skills but core competencies for navigating the complexities of employee relations, talent management, and organizational change. This course is meticulously designed to move beyond basic negotiation tactics, offering a deep dive into the strategic application of these skills within the unique context of HR. We will explore the foundational principles articulated by pioneers like Roger Fisher and William Ury in their seminal work, "Getting to Yes," adapting their concepts of principled negotiation to address modern workplace challenges. Participants will learn to manage difficult conversations, mediate disputes, and negotiate agreements that foster positive relationships and align with business objectives. At BIG BEN Training Center, we provide a comprehensive framework for transforming HR professionals into influential negotiators and trusted advisors, capable of handling everything from individual compensation discussions to complex collective bargaining scenarios with confidence and ethical integrity. This program equips you with the psychological insights and practical tools necessary to build consensus, drive productive outcomes, and enhance your strategic value to the organization.

Target Audience / This training course is suitable for:

- Human Resources Managers.
- HR Business Partners.
- Employee Relations Specialists.
- Talent Acquisition and Recruitment Professionals.
- Compensation and Benefits Managers.
- Organizational Development Practitioners.
- Senior HR Leaders and Directors.
- Line Managers and Team Leaders involved in HR processes.

Target Sectors and Industries:

- Technology and Information Services.
- Healthcare and Pharmaceuticals.
- Financial Services and Banking.
- Manufacturing and Engineering.
- Retail and Consumer Goods.
- Hospitality and Tourism.
- Governmental agencies and public sector organizations.
- Non-profit and educational institutions.

Target Organizations Departments:

- Human Resources.
- Legal and Compliance.
- Senior Management and Executive Leadership.
- Operations Management.
- Employee and Labor Relations.
- Talent Management.

Course Offerings:

By the end of this course, the participants will have able to:

- Master principled negotiation techniques to achieve mutually beneficial outcomes.
- Develop a systematic approach to preparing for any HR-related negotiation.
- Effectively manage and de-escalate workplace conflicts and disputes.
- Enhance communication, persuasion, and influencing skills in high-stakes situations.
- Analyze and apply the concepts of BATNA, ZOPA, and WATNA in real-world scenarios.
- Navigate the complexities of salary, benefits, and severance package negotiations.
- Lead collective bargaining and labor relations discussions with strategic foresight.
- Handle difficult personalities and emotionally charged conversations professionally.
- Apply ethical frameworks to ensure fairness and integrity in all negotiations.
- Build stronger, more trusting relationships with employees, management, and external stakeholders.

Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, experiential, and directly applicable to the participant's professional role. We believe that mastering negotiation and conflict resolution requires practice, not just theory. The course structure emphasizes a participant-centered learning environment, moving away from traditional lectures towards dynamic, hands-on activities. A significant portion of the training will be dedicated to realistic role-playing simulations that mirror the challenges HR professionals face daily, such as performance review disputes, redundancy negotiations, and mediating team conflicts. These exercises are followed by constructive feedback sessions and peer-to-peer coaching to reinforce learning and build confidence. We will utilize in-depth case study analysis of both successful and unsuccessful negotiations to dissect strategies and outcomes. Group discussions, interactive workshops, and problem-solving tasks will encourage collaborative learning and the sharing of diverse perspectives. Our expert facilitators guide participants through each module, ensuring they can connect established theoretical frameworks to their own workplace realities and leave with a practical toolkit of strategies they can implement immediately.

Course Agenda (Course Units):

Unit One: Foundations of Strategic HR Negotiation

- The Evolving Role of the HR Negotiator.
- Core Principles of Principled Negotiation.
- Understanding the Psychology of Negotiation and Decision-Making.
- Distinguishing Between Interests, Positions, and Needs.
- The Dual Concerns Model: Balancing Relationships and Outcomes.
- Ethical Considerations and Maintaining Neutrality in HR Negotiations.
- Introduction to the Negotiation Preparation Framework.

Unit Two: Essential Negotiation Strategies and Tactics

- Developing Your Best Alternative to a Negotiated Agreement (BATNA).
- Identifying the Zone of Possible Agreement (ZOPA).
- Techniques for Creating and Claiming Value.
- Anchoring, Framing, and Other Psychological Tactics.
- Strategies for Making the First Offer.
- Managing Concessions and Counter-offers Effectively.
- Closing the Deal and Formalizing Agreements.

Unit Three: Communication and Influence in Negotiation

- The Power of Active and Empathic Listening.
- Advanced Questioning Techniques to Uncover Hidden Interests.
- Mastering Non-Verbal Communication and Body Language.
- Persuasion and Influence Strategies for HR Professionals.
- Managing Emotions in Yourself and Others During Negotiations.
- Building Rapport and Trust to Facilitate Agreement.
- Communicating Effectively Across Different Cultures and Hierarchies.

Unit Four: Resolving Workplace Conflict and Disputes

- Understanding the Sources and Stages of Workplace Conflict.
- The HR Professional as a Mediator and Facilitator.
- A Structured Approach to Workplace Mediation.
- De-escalation Techniques for High-Conflict Situations.
- Conducting Difficult Conversations with Confidence and Care.
- Negotiating Solutions for Grievances and Disciplinary Actions.
- Rebuilding Relationships After a Conflict.

Unit Five: Advanced HR Negotiation Applications

- Navigating Complex Salary and Compensation Negotiations.
- Strategies for Negotiating with Senior Leadership and Stakeholders.
- Managing Collective Bargaining and Labor Union Negotiations.
- Negotiating Vendor Contracts and Service Level Agreements.
- Leading Change Management Negotiations.
- Cross-Functional Negotiation and Building Internal Alliances.
- Personal Action Planning and Continued Skill Development.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

In a negotiation where organizational policy and employee well-being are in direct conflict, how does an HR professional ethically determine their Best Alternative to a Negotiated Agreement (BATNA)?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by focusing squarely on the strategic, rather than purely transactional, aspects of negotiation and conflict resolution within the Human Resources function. While many programs teach generic negotiation tactics, our curriculum is built from the ground up to address the specific, nuanced, and often sensitive situations that HR professionals face. We move beyond the mechanics of "how to negotiate" to explore the "why" and "when," embedding every technique within the context of organizational culture, legal frameworks, and long-term employee relations. The emphasis is on developing participants into strategic advisors who can use negotiation to not only solve problems but also to build trust, foster a positive workplace environment, and drive business objectives. Our methodology prioritizes deep, practical application through HR-specific role-playing and complex case studies, ensuring that learning is not just theoretical but immediately transferable. The course also places a strong emphasis on the ethical dimensions of HR negotiations, preparing participants to act as the conscience of the organization while navigating high-stakes, people-centric challenges with integrity and foresight.