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Welcome, Introductions and Logistics

- Agenda
 - o **Definitions**
 - o Understand approaches to negotiation, the use of interests in negotiation
 - o Describe individual styles of negotiating, yours and others
 - Think strategically about your approach to negotiation
 - Practice and build on your skills



"At bottom, all disagreements are over either facts, values or things. The resolution of a dispute over facts (descriptive, explanatory, or predictive) determines how true or false they are. The resolution of a dispute over values (moral, religious, or aesthetic) determines how right or wrong they are. The resolution of a dispute over things (material, symbolic, or psychic) determines how mine or yours they are." (Applebaum, 1985)





Basic Assumptions in Distributive Negotiation

- Negotiation is inherently competitive and antagonistic
- Resources are limited--what you win, I lose
- All that matters is today's decision
- Goal is to win as much as possible--and especially more than the opponent
- Concessions are a sign of weakness

Benefits

- Useful when parties must uphold principles
- Offers potential for winning
- Appropriate if no on-going or recurring relationship is anticipated

<u>Risks</u>

- If negotiators "lock into" their positions, this can impede negotiation or produce unwise agreements that do not meet the underlying concerns of the parties
- If negotiators start with extreme positions, this can increase dramatically the time and effort required to reach a settlement
- Contest of will can endanger a favorable ongoing relationship and are <u>hard</u> on the negotiators.



Basic Assumptions in Integrated Negotiation

- Negotiators are problem-solvers together
- Resources may be expandable or can be shared in a way that meets the needs of both negotiators
- Negotiators' interests can be interdependent
- There is more than one right answer--there are multiple solutions which could be mutually beneficial
- Goal is mutually agreeable solution that is fair to all parties and efficient for community

Benefits

- Useful for development of creative, mutually-beneficial solutions
- Appropriate when there is an on-going or recurring relationship
- Provides precedent for future problem solving
- Recognizes common or inter-related interests

<u>Risks</u>

- Can be time-consuming
- May bias negotiators toward cooperation
- May make negotiator more vulnerable to deception
- May make it more difficult to calculate aspiration levels and bottom line.

Information Based/Integrated Negotiation (Richard Shell)

- Information-based bargaining involves getting as much reliable knowledge about the other side's business, personal needs, fears, interests, and demands as possible.
- Gathering information involves <u>really</u> listening.
- Successful negotiating also involves situational strategies -- there is no one-sizefits-all approach.
- The best negotiators have explicit guidelines for their conduct at the table regardless of what others may do--the "rules of the game."

Know your Style of Negotiation and Conflict Resolution

Cooperation

- Research shows about 60% are cooperative and 75% of effective negotiators are cooperative.
- Avoid defend/attack spirals and cycles of emotion-laden assigning of blame or disclaiming fault.

Competition

- Research shows about 24% are truly competitive.
- Only 12% of effective negotiators are competitive.



Conflict Styles - Thomas Kilman Conflict Mode Instrument

Avoiding

- Does not want to talk about it
- Does not pursue his/her own concerns or the concerns of others
- Prefers to deny that there's a problem

Accommodating

- □ The "fixer"
- Doesn't want to discuss it does whatever is necessary to resolve the problem
- □ Neglects her/his own concerns to address the concerns of others

Competing

- □ Objective is to win
- Tends to pursue goals even at the expense of others
- Power-oriented

Compromising

- Tries to find the middle ground
- □ Willing to split the difference, find a "fair" solution
- The okay-okay approach no one really wins and everyone loses something

Collaborating

- □ The win-win approach
- Tries to find a creative solution that will meet the needs of both (all) parties
- Believes you can learn from the other's insights





Active Listening

Listening is an art -- it can be learned. Active listening involves more than passively hearing what is being said. Active listening accomplishes the following:

- Lets others know they are being heard and understood
- Accurately assesses the situation as it is
- Helps clarify what is being said
- Communicates acceptance of feelings without agreeing with or approving of them
- Reduces emotions that block problem solving

Blocks to Listening

Most people speak at about 125 - 140 words per minute. The ear can hear at about 400 words per minute. The brain is able to process information at a rate of 1,000 - 1,400 words per minute. The brain is able to tune in for a fraction of a second and process the words the speaker said and then tunes out before the next series of words arrives.

"FACES"

- Focus: Posture and eye contact should reflect the fact that you are listening
- Attend: Pay attention to the speaker's words and emotional affect, body language and other non-verbals
- **Clarify:** Paraphrase what you have heard to be sure you have not assumed an erroneous meaning for specific words, use open-ended questions which encourage the party to elaborate
- **Empathize:** Acknowledge feelings as valid, that each person is entitled to his or her point of view; ask questions that make the parties seem more real as people; recognize the difficulty of the process
- **Summarize:** Using neutral language, re-state your understanding of the person's concerns and issues, providing the speakers with an opportunity to confirm or amend the meaning of what s/he has said



Managing High Emotions

- Control your reaction
 - Strategies when emotions attack
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- Alternative hypothesis
- Listen for the interests
- Mindfulness
- Empathize
- Deflect

