

MONDAYS

[Register here.](#)

Advanced Mini-Courses for Mediators, Coaches and Facilitators

Each Course \$100

Or what you can afford, just ask!

Join conflict resolution providers as we collaborate to strengthen skills and deepen understandings while engaging with others. Fun and lighthearted energy guaranteed.

Co-Mediation *Who, What, When, Where, How?* December 1, 8, 15

4-6 pm on Zoom

Why do we co-mediate? What are the challenges? Are there best practices to enhance co-mediation practices? What research supports this practice and how can we get better as co-mediators? Knowing your preferences and needs as a partner mediator. Practice effective planning and debriefing sessions with co-mediators.

Improv for Conflict Resolvers

January 26, February 2, 9, 16

4-6 pm on Zoom

The competencies required to be a good improviser can be learned! Once you become improv-competent there's little that life can throw at you that will knock you off your feet. Come play some improv games and think along with others about how to utilize this simple and profound framework so you can use it to better assist others to work to resolve conflicts. Do you have trouble being flexible and 'rolling with it,' improvisation can help. It's fun!

Summarizing is Your Superpower

February 23, March 2, 9, 16

4-6 pm on Zoom

'When in doubt, summarize,' is the advice for mediators, coaches and facilitators. But how do you do it on your feet? Practice taking long-winded, detailed and emotional narratives and concisely turning them into helpful summaries for participants involved in conflict resolution services. Stay out of the weeds and solidly confident in your conflict resolution role. Listening to be able to summarize is a talent useful throughout life.

Emotions and Feelings are Welcome Here

March 23, 30, April 6, 13

4-6 pm on Zoom

As facilitative and interest-based mediators, caring coaches and collaborative facilitators, we know that emotional reactions must be handled with care. How do you do this well while structuring a productive mediation, meeting, coaching session or conversation? How can the concepts taught by Emotional Intelligences and Internal Family Systems programs help us to know what to do?

Normalizing Talking about Biases

April 20, 27, May 4, 11

4-6 pm on Zoom

All humans are wired to be biased. Not all biases are bad, in fact all of us are happily biased toward peace, understanding and conflict resolution. What about unwanted biases? Why do we have them? How do we reconcile that we are all biased and yet we offer 'neutral' services to those who need our help? What do you do when biases are getting in the way of offering impartial services? How do cognitive biases relate to our work? Let's talk openly and see if we can get somewhere. No Shame, Blame, Judgment; just collegial support.

Protocols for Working with Groups

May 18, *, June 1, 8, 15

4-6 pm on Zoom

These are procedures and processes that help groups to make progress and untangle complicated challenges. Learn four protocols through practicing and role playing. Protocols: Clear the Air, for groups who have a lot of past hurtful events to move past. Walk Through History, for groups who have had past events that continue to resurface and need to be processed. I Want to Say Something, for guiding groups through surfacing strengths and needs of the group. Restorative Healing Collab, to help heal the harm caused to a person, with the group working together to restore healthy connections and move forward with accountability.