



Navigating Paradox in Mediation

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When we are mediating well, we consciously and intuitively balance seemingly mutually exclusive variables, such as process vs. substance; directiveness vs. 'letting it flow'; inviting participants to speak about the past vs. staying in the present moment, etc. Indeed, transformative moments occur in mediation when our mediation clients can see the "and both" rather than the "either or". In this fun and interactive workshop, we will explore how such paradoxes can be elegantly addressed in mediation.

From Reactivity to Responsiveness: Cultivating Awareness and Choice in the Midst of an Inner Firestorm

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Mediator reactivity can sabotage the most promising mediation. This workshop will explore our reactivity and offer tools for intervening when it is triggered. What happens to our bodies, minds and capacity for choice in those situations? Through lecture, discussion and experiential exercises, we will explore how physiology, brain processing, and consciousness influence reactivity. Participants will be invited to experience their own reactive patterns as well as a process to shift into awareness, choice and creativity.