



# Interest-Based Mediation

Mediation is a confidential, voluntary process that empowers the parties involved in a conflict to find their own resolutions. The role of the neutral mediator is to facilitate a process which helps people to find solutions which meet the interests (needs) of all parties to the conflict. Mediation is used in formal and informal contexts to resolve conflict in a variety of situations. This interactive, 35-hour experiential course will be taught in two parts and will introduce and build the communication, active listening and problem-solving skills necessary for effective facilitation of the 6-Step Interest-Based Mediation Process.

## Interest-Based Mediation Part 1

May 14 – June 3, 2020 (online)

**\$595 plus hst**

During four half-day live online sessions over four weeks, you will be introduced to:

- 5 Styles of Conflict Resolution, and When the Style We Use for Mediation is Appropriate
- The Key Principles, Benefits and Applications of Mediation
- The Roles and Responsibilities of a Mediator
- The Key Communication Skills of an Interest-Based Mediator
- The 6 Steps of Interest-Based Mediation

### Part 1 Course Dates and Times

Live sessions will be held online (and will be recorded, though live attendance is strongly encouraged for maximum learning) from 1:00 – 4:15 (with a 30-minute break to stretch and re-energize) on:

- Thursday, May 14
- Thursday, May 21
- Thursday, May 28
- Wednesday, June 3

The format will include presentation, demonstration, skills practice and small and large group discussions. In between sessions, short homework activities will support you to integrate the skills.

**Downloadable materials** and a **certificate for 14 credit hours** in Interest-Based Mediation training from CollaborationSchool.Com are included in the course registration fee.

### Registration for Part 1:

Register and pay online at [www.collaborationschool.com/mediation-training](http://www.collaborationschool.com/mediation-training) or email Kirstin at [kirstin@collaborationschool.com](mailto:kirstin@collaborationschool.com) to have an invoice sent to your employer.

## Interest-Based Mediation Part 2

**\$895 plus hst**

During 3 full days of training in Charlottetown, PEI (dates TBD), we will dive deep into the 6-Step process, with lots of opportunity for practice and coaching. Participants will:

- Increase Understanding and Comfort with the 6-Step Mediation Process
- Apply Communication Techniques Learned in Part 1 to the Steps of Mediation
- Deepen Skills in Identifying Key Issues and Interests to be Addressed
- Be Introduced to the Steps in Preparing for Mediation
- Apply The 6 Steps of Interest-Based Mediation in Groups

Materials will be provided and participants will receive a certificate for 21 credit hours in Interest-Based Mediation training from CollaborationSchool.Com. Registration for Part 2 is not yet available.

**Prerequisite:** Interest-Based Mediation Part 1

### Your Instructor



**Kirstin Lund** has been providing services as a mediator, facilitator, and conflict resolution coach and trainer since leaving the practice of law in 1996. She collaborated in the 1997 development of a UPEI Centre for Conflict Resolution Studies, and has since designed and taught numerous courses at UPEI, and through her own company, in mediation, conflict resolution, and collaboration and communication skills. She is a certified Myers Briggs practitioner specializing in personality type and its impact on conflict management. Kirstin has been an assessor for Family Mediation Canada's national certification program since 2003. She is currently developing new tools and resources for building collaborative workplaces based on her decades of work in the area. She can be found online at [collaborationschool.com](http://collaborationschool.com).