



TRAININGS & WORKSHOPS OFFERED

- **Conscious Communication: How to Engage in Thoughtful Expression and Active Listening** *(1 hour to 1.5 hours)*
- **Myers-Briggs: To Better Understand Yourself and Others** *(4 hours)*
- **Employee Recognition: The Linchpin To Cultural Transformation** *(4 hours)*
- **How to Deliver Feedback Fearlessly & Effectively** *(4 hours)*
- **Civility in the Workplace** *(7 hours)*
- **How to Facilitate a Meeting—Beginning / Intermediate / Advanced** *(4 hours to 17 hours)*
- **Become a Brilliant Bystander Facilitator** *(4 hours)*
- **Conflict Resolution: Reframing Problems in Order to Generate Solutions** *(4 hours)*
- **Listening With Empathy** *(6 hours)*
- **Honest Expression: Transforming Judgments into Feelings and Needs to Make Requests** *(6 hours)*
- **Conflict is an Opportunity: Skills for Transforming Conflict with Confidence** *(14 hours)*
- **Powerful Listening: How to Listen so People will Share their Concerns with You** *(4 hours)*
- **Challenging Conversations: How to Share Your Concerns so People Will Hear You** *(4 hours)*
- **Addressing Annoying Behaviors: Tools Mediators Use ... And You Can, Too** *(4 hours)*
- **Negotiation Skills for Women** *(4 hours)*
- **More – Just Ask!**
(We are happy to customize a training to meet your company's needs in the areas of communication, transforming conflict, or related areas.)

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