



Ku'ikahi Mediation Center

Finding Solutions, Growing Peace

"Tools to Transform Conflict" Training Series

BASIC MEDIATION TRAINING



How can mediation skills help you?

- ❖ Learn to manage & resolve conflict
- ❖ Communicate more effectively at work & at home
- ❖ Become a better negotiator & problem-solver
- ❖ Increase your value in the workplace
- ❖ Contribute to conflict resolution in your community

This 32-hour training offers instruction in the process of mediation and how to apply advanced communication skills to help parties resolve differences. People in conflict often focus on each other as the problem, going head to head. Mediation helps people focus on the issues so they can see they have a joint problem to solve.

Learn a variety of conflict resolution and prevention techniques in this interactive training—through lecture, group discussion, hands-on exercises, and mediation simulation practice. Whether you want to improve your communication skills or become a volunteer mediator at Ku'ikahi, this training gives you the tools you need to start resolving conflict in peaceful, lasting ways. All backgrounds and personality types are welcome!

WHEN: Saturday, September 12 8:30 am - 5:00 pm
 Sunday, September 13 8:30 am - 5:00 pm
 Saturday, September 19 8:30 am - 5:00 pm
 Sunday, September 20 8:30 am - 5:00 pm

WHERE: Hilo (exact location provided to registrants)

TUITION: \$350 (group discounts & individual needs-based partial scholarships available)



Diane Petropulos, M.A., is a principal in ADRinACTION, offering mediation, facilitation, and training services in mediation and workplace conflict. She has developed and conducted trainings in Hawai'i, and is a former lecturer at the master's level in the Human Resource Management Program at UH-Manoa. Diane has mediated hundreds of circuit, district, and small claims court cases for Maui Mediation Services, and currently serves on their Board of Directors. Diane currently serves on a panel of federal mediators handling Equal Employment Opportunity (EEO).



Catherine Lampton, M.A., is a principal in Mediation&More, offering mediation, facilitation, and training services since 2006. A graduate of UH-Hilo and past coordinator of a student mediation program, she earned her master's degree in negotiation, conflict resolution, and peacebuilding at California State University, Dominguez Hills. Currently she is a Ph.D. candidate in ethical and creative leadership, and her thesis is *More Listening = Less Conflict*. She has mediated hundreds of cases referred by district and family courts through Ku'ikahi Mediation Center, where she serves as a mentor mediator.

Application deadline is September 9, 2020. To register or inquire about a scholarship contact:

KU'IKAHI MEDIATION CENTER

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