

TRAININGS & WORKSHOPS OFFERED

- **Conscious Communication: How to Engage in Thoughtful Expression and Active Listening** (2 hours)
- **The Art of Negotiation: Getting What You Want Through Collaborative Problem-Solving** (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)
- **Constructive Conflict: Resisting Social Pressures & Improving Mental Habits** (4 hours)
- **Navigating Challenging Conversations: Skillful Honesty – Effective Action** (8 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)
- **Boundless Collaboration: Conversation + Contribution + Teamwork = Innovation** (7 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, collaboration, conflict management, or related areas.)

Chasity Cadaoas, Program Manager
(808) 935-7844 ext. 3
chasity@hawaiimediation.org

Julie Mitchell, Executive Director
(808) 935-7844 ext. 5
julie@hawaiimediation.org