



Mindfulness for Conflict Facilitators and Mediators

INTRODUCTORY COURSE

Bringing the benefits of awareness, transparency, curiosity, compassion, and empathy to mindfully-facilitated processes.

A Course For:

- Conflict Resolution and Prevention Facilitators
- Mediators
- Social Change Leaders
- Community Dialogue Leaders
- Group/Organizational Leaders who conduct large meetings

Virtual Platform

We will utilize Zoom for this course. Because we may be sharing personal stories, the class will not be recorded. However, there will be times when instructions will be recorded and made available to participants.

Experience

- Expect opportunities to practice ways to stay centered during conflict.
- Expect opportunities to share in small groups.
- Expect opportunities to fine-tune ways to bring a mindful approach into your facilitations and mediations.

Class Schedule

(Mountain Daylight Time)

- 9:00 am – Begin promptly
- 10:00 am – 10-minute break
- 11:15–11:45 am – Meal break
- 12:50 pm – 5-minute break
- 1:30 pm – Adjourn

Schedule

September 8, 9, and 10

9:00 am – 1:30 pm (Mountain Daylight Time)
Includes a 30-minute lunch break

Course Fee: \$250 (Includes all materials)

Class Size: 15 Participants

How to Register

1. Complete the registration form at <https://forms.gle/RmLz9CyvGFLVPaxS6>
OR scan this QR code with your smartphone camera.

2. Submit your payment via Venmo (@Barbara-Barnes-25) or check made to "Brave Conversations LLC" and mailed to 7 West 6th Avenue, Suite 514, Helena, MT 59601.



Pre-Training Questionnaire

Participants will be sent a questionnaire to complete before the course. This form includes questions to help Barb tailor the course design. The responses to the questionnaires will be confidential.

Course Benefits

- Increased awareness of biases and ways to work with them.
- Increased joy from the work.
- A presence that provides an anchor for the facilitator and any processes they are working with.
- Provides spaciousness for clear speech.
- Creates resources for ease during chaos, high conflict, or confusing processes.
- Nourishing to omni-partiality.
- Provides building blocks for a container that does not constrict but rather expands.
- Resonance that enhances participants' understanding of underlying needs, interests, and experiences that have fed biases.
- A deeper understanding of what mindfulness is and is not and the many forms to practice this art.

Course Agreements

- Participants will attend each class.
- Participants will commit their full attention to the course, meaning no other digital use or distractions during class.
- Participants will arrange their technology so that their faces and upper bodies are visible on Zoom and ensure that their microphones are functioning.



COURSE INSTRUCTOR

Barbara Barnes

Barbara Barnes has studied and practiced mindfulness and meditation for over 40 years. Her approach is pragmatic and rooted in the understanding that the method used must work for the practitioner in order to be sustainable and a benefit. From learning about resonance and self-regulation while training in Hakomi Body-Centered Psychotherapy to understanding the neurology of mindfulness through further studies, Barb's broad background provides for many ways to become more aware and present in the face of conflict and chaos. Some of the foundation of her work is based on the GRACE method pioneered by Roshi Joan Halifax that stresses, "Strong Back, Soft Front." Barb understands the intricacies and beauty of being aware of one's own proclivities when it comes to thinking patterns, aversions, and comfort-seeking. These factor into the way we approach conflict facilitation, coaching, mediation, and our personal lives as well. She likes to remind herself and others that while she may have a high level of expertise in mindfulness, she prefers being a deeply connected practitioner over being an expert.

Brave Conversations LLC

7 West Sixth Avenue, Suite 514
Helena, Montana
Power Block Building

(406) 410-1444

braveconversationsllc.com