

ADR LUNCHTIME SERIES PRESENTATION

Resilience and Wellbeing for Conflict Resolvers

“Being resilient” means that a person can bounce back from failures, overcome setbacks, and adapt to changing circumstances. Resilience is the ability to return to a state of strength, health, and success quickly after adversity, disappointment, or loss. We live in a time of complexity, rapid change, and ongoing threats to safety. Constant stress is the new normal. As conflict resolvers, every day, we help people with problems, conflicts, difficulties, and confusion. The conflict resolver’s wellbeing and resilience have an impact on the quality of their work. This experiential and interactive presentation will introduce factors to help sustain health and wellbeing. Participants will have an opportunity to practice skills for hard-wiring resilience into their practice as well as fostering resilience for their clients.

Speaker: Sarah R. Kith, MSOD, CO-OP®
ADR Practitioner

Presented by the Interagency ADR Working Group, Workplace Conflict Management Section in coordination with the Department of Energy’s Office of Conflict Prevention and Resolution

Date: Tuesday, September 20, 2016

Time: Noon - 1:30 pm EDT *(Please allow extra time for security procedures)*

Location: U.S. Department of Energy
1000 Independence Ave, SW, Room GE-086
(DOE Forrestal Main Auditorium)
Washington, D.C. 20585

Travel by Metro:  Green and  Yellow Line - L'Enfant Plaza station (exit to Maryland Avenue) OR  Orange and  Blue Line - Smithsonian station (exit to Holocaust Museum/Bureau of Engraving and Printing).

If you plan to attend in person and you need any special accommodations, or if you plan to attend this training online and you need any special accommodations, please contact cindy.mazur@fema.dhs.gov no later than August 29, 2016.

To attend in person, everyone, including federal employees with an HSPD-12 government ID badge, must register by email to cindy.mazur@fema.dhs.gov and provide name, citizenship, and agency/employer by September 13, 2016. You do *not* need to register to call-in or participate online.

To join the online event and follow the presentation in real time go to: <https://usdoe.webex.com/usdoe/onstage/g.php?MTID=e3dd551aaf0e7615150e42b6c782d0bbc> then click "Join Now" and enter Event Password Adr1234 (it's case sensitive). Then enter your name and email address and click "Join Now." Follow the instructions to join the audio portion. To listen only via teleconference, please call 1-650-479-3208 and use access code: 996 288 983. **Please disregard the prompt for an Attendee ID by pressing # sign.** To submit questions to the speaker during the program, please use online chat or email pamela.pontillo@hq.doe.gov. Materials for this presentation will be posted at <http://www.adr.gov/events.html> several days before the program.