

ADR LUNCHTIME SERIES PRESENTATION

Mindfulness for Conflict Resolvers

Mindfulness is moment-to-moment, non-judgmental awareness, i.e., being fully present. We know that the quality of the presence of conflict resolvers has an impact on both the parties and the process. We may find ourselves in the middle of highly-charged situations with conflicting parties who are under great stress. Add to that the stress of our own fast-paced lives, and the welter of thoughts, emotions, body sensations, and habitual modes of reacting that conflict naturally generates, and it may be challenging for us to sustain clear, calm, nonjudgmental, focused awareness. This interactive presentation will introduce you to the fundamentals of mindfulness meditation, which builds our ability to be mindful in our work and our lives, and will give you the opportunity to practice a simple technique to enhance the quality of your presence. It is designed for beginners as well as for those who already meditate, and especially for those who believe their minds are too active to be able to learn to meditate.

Speaker: Rachel Wohl, Esq.
Conflict Specialist

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, July 12, 2016
Time: Noon - 1:30 pm EST *(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 June, 24, 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 July 5, 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=e380828967cd5a8963a7399d9a8e4fbec> 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: 995 605 322. **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 victor.voloshin@eoc.gov. Materials for this presentation will be posted at <http://www.adr.gov/events.html> several days before the program.