

What do you think?

- if I were to be a participant in mediation, I would want a mediator who truly heard me. I would want someone who let me participate at my own pace. I would not want a mediator who thought that s/he knew best how to fix a problem in my life after having known me for an hour or less or who saw me as a problem to be fixed. I would not want to be pushed into a settlement simply so that the mediator could achieve a settlement.
- Please SHARE your views

Does this apply to you?

- **I find that attorneys get quite frustrated with non-attorney mediators who do too much problem-solving without a proper grounding in the law.**

Most conflict is the result of negative interaction and that that feeds on itself, is destructive and very painful; that to work through the conflict and avoid the self-perpetuating cycle of negativity and destructive feelings, the parties need to engage in positive interaction and dialogue

Conflict can present a real opportunity for people to get to know themselves and the other party better. By looking at how and why they ended up in this situation they can begin to understand what their buttons are, how they developed them, and if they are still serving them or they need to let them go.

What I find compelling about working in conflict resolution is how the "light bulb" comes on over someone's head when a concept or experience gives them a new lease on life. When someone says that a training event or scenario evolution changed their life for the better "Turning point" ????