

## Introduction to Mediation and Conflict

### Summary

This short introductory 'taster' session explores some of the basic principles of mediation, and the mediation process.

### Who is the course for?

There are no formal entry requirements, but those who know little or nothing about mediation are likely to benefit more.

### Learning Outcomes

Learners will be able to:

- Understand the basic principles of mediation
- Understand the basic mediation process as used in community mediation and some other types of mediation
- Have an opportunity to learn and have a short practice of one key skill in resolving conflicts more effectively
- Have an insight into how our Mediation Skills training might feel.

### How you'll be taught

We aim to provide a safe and enjoyable atmosphere for learning. Our style is highly interactive, and we use small group work, group discussion and role-play.

### Assessment procedure

This course is not assessed.

### Fees and Booking

This short workshop is free of charge. To book, see website (Eventbrite link)

**Dates:** see website, each session will run 1¼ hours

**Venue:** online, using Zoom

**Cost:** free of charge

### CPD details

This course is equivalent to 1¼ hours Continuing Professional Development