



BEING RELATIONAL GAZETTE

Baltimore Mediation's Newsletter & Tips

April 2019

A MESSAGE FROM OUR FOUNDER

Welcome, April and welcome spring! Spring is a time for growth. It's a time to plant seeds of change, nurture them with consistency, and actualize them through **relational practices**. Consider reaching out with strength and openness to that person you'd rather not call back. Who you are shows up even in difficult times. You are worthy and full of capacity. And so are they (whether they choose to act on it or not).

Sending love. - Louise



I CAN RELATE!



Hey Lawyers, and those who work with lawyers! Here is another installment of Louise's I Can Relate

"So, how is it going, the choice to Be Relational™: the choice not to be transactional?"

Are you a **Relational Advocate**?
You have the capacity to be.
Do you want to be?

Relational Advocates are courageous leaders as they are strong enough to be vulnerable. Strong enough to show forbearance. This is not the same as being weak. No, not at all. No one wants to be weak.

Relational Advocates are strong and open to other possibilities, open to being changed, open to the other person or side as human beings. This does not mean you have to give something up. It just means you are open and even prepared for something unexpected to happen to

blog, full of gems and how-to's designed to help you enrich your practice. Enjoy!

your views."

[Read More](#)

GRATITUDE... ACCOLADES, HIGH FIVES!



We are celebrating Louise's election to the Board of Governors of the International Academy of Mediators Board of Governors!

FEATURE



Better Process...Better Outcome.

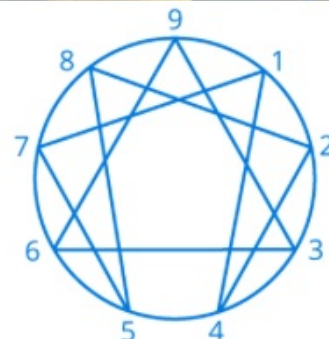


4 HOUR PERSONALITY & SELF AWARENESS WORKSHOP

THE ENNEAGRAM AS A CATALYST

APRIL 11, 2019  1:30 PM - 5:30 PM

1500 UNION AVENUE, BALTIMORE, MD 21211



Back by Demand! Only a few spots left! - April 4 Hour CME Enneagram Workshop, which also satisfies 2 hours of ethical CEU.

The Enneagram is a dynamic system of 9 personality types. It is meant to help us understand ourselves, the people in our lives, and our relationship to greater realities that guide us. **How well in tune we are with our internal state, or how self-aware we are, has a strong influence on how we 'do' conflict.** With a better understanding of conscious motivations, **we can reduce our personal reactivity and better handle difficult situations.** Participants first take a short Enneagram inventory, then break into small groups to share strengths, weaknesses, and to discuss conflict experiences. Louise Phipps Senft who is a certified International Enneagram Practitioner and teach of over 20 years leads the workshop in the narrative tradition, so attendees can deepen their learning with others. Participants will come away with a deeper understanding of themselves and other relationships in their lives. If you are looking to improve your relationships with individuals that matter the most, whether it be your children, parents, family members, or co-workers, the Enneagram *workshop is an invaluable experience.*

NEWS

TRAINING PARTICIPANTS ARE SAYING...



Glowing testimonial from Laura Kooyman,
Baltimore City Schools Teacher.

WHAT CLIENTS ARE SAYING

UPCOMING TRAININGS



April 4-Hour CLE Enneagram, Personality & Self Awareness Workshop

When: April 11, 2019 @ 1:30pm - 5:30pm

Where: 1500 Union Avenue
Baltimore, MD 21210

Course Fee: \$295

[Register Now](#)

June 40-Hour Mediation & Conflict Transformation Skills Training: Workplace Mediation & Third Party Interventions

When: June 17-21, 2019 @ 9am - 5pm



Christine Lowkey shares her personal journey of how the Enneagram helped her marriage.

DIVORCE CLIENTS ARE SAYING



Baltimore Mediation continues its 25 year tradition of offering an alternative to adversarial and litigative divorces with transformative mediation.

A recent client said, "One of the best parts of working with Baltimore Mediation was not just the cost savings, it was the quality of the agreement that was created. It was comprehensive and totally tailored by us." - Anonymous

BUSINESS CLIENTS ARE SAYING



Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore, MD 21210

Course Fee: \$1550

[Register Now](#)

October 40-Hour Mediation & Conflict Transformation Skills Training: Sources of Conflict & A System

When: October 21 -25, 2019 @ 9am - 5pm

Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore, MD 21210

Course Fee: \$1550

[Register Now](#)

December 40-Hour Basic Mediation & Conflict Transformation Skills Training

When: December 9 -13, 2019 @ 9am - 5pm

Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore, MD 21210

Course Fee: \$1550

[Register Now](#)

January 20-Hour Advanced Mediation & Conflict Transformation Skills Training: Custody, Visitation & Child Support

When: January 22-24, 2020
@ 5:00 PM-9:30 PM
9:00 AM - 5:30 PM
9:00 AM - 4:00 PM

Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore, MD 21210

Course Fee: \$945

[Register Now](#)

"They offer a transformative approach that believes in each of our capacities and what was possible. They also helped us get through, gave us a working document that clearly summed things up in a succinct way, what the barriers were, and the potential to make room for others, all from us but synthesized by our BMC mediator. We also have a signed agreement that we stand by and it works!" - Business Facilitation Client

The challenge to being h



Louise Phipps Senft's
BEING RELATIONAL

Being Humble: Attitude of Gratitude

The sixth way of Being Relational - Being Humble! What does it look like when you are not humble? How can we be humble? The sixth way of Being Relational - Being Humble! What does it look like when you are not humble? How can we be humble?

BEING HUMBLE -TIPS



Humility starts with being grateful. One of the hacks to happiness is the attitude of gratitude. Being humble recognizes that just about everything good in your life is a gift.

#7WAYS 7WEEKS

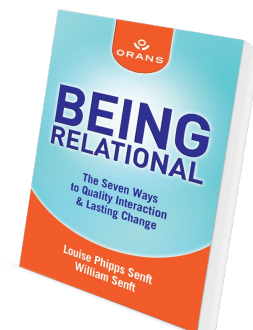


QUOTE FOR THE MONTH:

"Renunciation contains an element of joy, struggle, enthusiasm and freedom: it is the relief of finally being freed from dissatisfaction." -
Matthieu Ricard

For copies of the **Amazon best seller** *Being Relational: The Seven Ways to Quality Interaction & Lasting Change* visit

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- **Independent bookstores!**



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AS SEEN ON:



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