



BEING RELATIONAL GAZETTE

Baltimore Mediation's Newsletter & Tips

April 2020

And the People Stayed Home... and Healed



"And the people stayed home.
And read books, and listened,
and rested, and exercised,
and made art, and played games,
and grew gardens full of fresh food,
and learned new ways of being,
and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.
And the people healed.
And, in the absence
of people living in ignorant, dangerous,
mindless, and heartless ways,

the earth began to heal.
And when the danger passed,
and the people joined together again,
they grieved their losses,
and made new choices,
and dreamed new images,
and created new ways to live and heal the earth fully,
as they had been healed."

- Kitty O'Meara

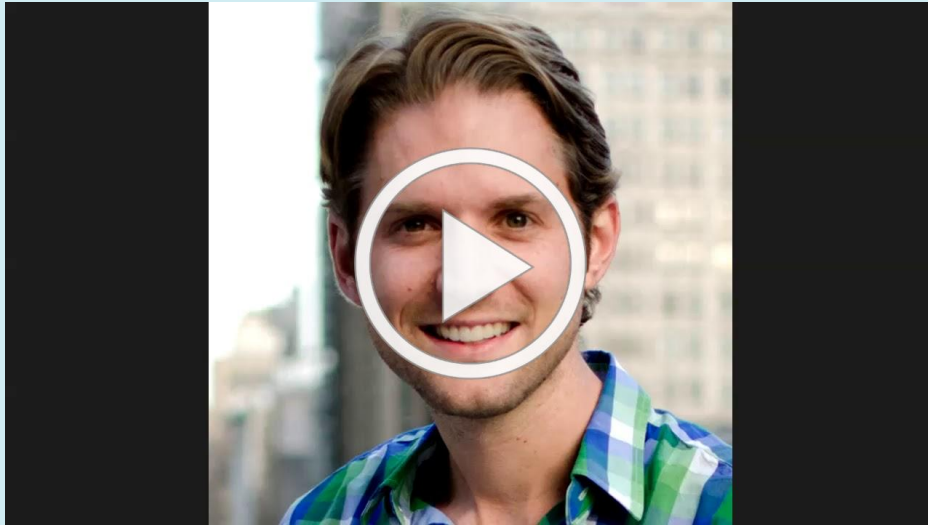
A MESSAGE FROM OUR FOUNDER:

Hello Friends,

Clarity bears the gift of trustworthiness. During this complex Corona Virus time, my family and I are especially interested in accurate information and those **who share clear information** since our son **Archer**, who is quadriplegic, also has compromised lungs. I look to trustworthy sources as well as new sources that **offer information that is neither sensationalized nor sanitized**. I want the truth. And I look for Relational Leadership, **people who are using their influence to Be Clear: to share information for well-being**. The above poem, written by a Michigan school teacher, went viral because of its clarity: it rings of simple truths that one knows right away upon reading it.

I found another **clear piece of information by Dr. David Price**, a critical care pulmonologist on the **front lines of COVID19 at one of New York City's** most respected medical facilities, Weill Cornell Hospital. His wisdom, over 60 minutes!, shared in the video below (originally intended for his family and friends, well worth the watch all the way through to the Q&A), has been viewed over a million times within two weeks. **He speaks from what he knows, without exaggeration, hyperbole or deception**. He is earnest and frank, and he speaks from a place of vulnerability, sharing his **relief in the knowledge he has learned of how to remain virus free which he wants to share with us**. I encourage all of you to listen in and receive some

clarity for yourselves and your families, too!



I also have been following with great interest the way **New York Governor Andrew Cuomo** is handling his constituency, the residents of the largest city in the U.S. with the largest numbers of reported Covid19 cases at this time. There are many examples of his **Relational Leadership** in this time of crisis which you might find inspiring. **He is strong and grounded in his message to not lose hope and to stay informed. He isn't blustery or defensive as he remains open to learning new information.** He is transparent about the dilemmas he faces in his decision-making. **He brings us along with him in his discernment.** He is clear and not deceptive or dodging about what he knows, and he doesn't exaggerate or distort what he doesn't know. **He will make decisions and we will know what he considered.** This is Being Clear. When others are clear with us, it fosters a sense of *trust* in their judgment, especially when they do not blame or fault others. Being Clear is one way **of being relational.**

When you and I are intentionally clear, we create greater well-being. We can practice Being Clear by choosing not to **stir restlessness and chaos,** not exaggerating the truth, **nor thriving on other's weaknesses nor taking advantage of other's despair.** We can share information that is informed and compassionate, and **we can share information that is truthful.** Check out the below for a quick 3 min clip.



You too are a Relational Leader! Yes, that's right: **in your home** with your kids and your spouse, **at virtual work** with your colleagues, with your **friends**, and in your **volunteer work**. We have countless opportunities these days to make relational choices. **Focus this week on *Being Clear***, which is one of the 7 ways of Being Relational. **Listen and discern what you hear, research it, and ask questions.** Be **truthful about what you say and share or pass on** to others. Be **trustworthy and keep other's confidences**. Do **share with others what they need to make informed decisions**. These are ways to Be Relational. **The more relational you are, the more inner alignment and peace you have.** The more relational you are, **the more well-being you promote in the world for others.** In the words of Mother Teresa, "If we have no peace, it is because we have forgotten that **we belong to each other.**" If we have forgotten, what a perfect opportunity we have now to remember! The sweetness of spring brings new beginnings.

Sending love

Relationally yours,

Louise

UPDATE:

Not out of fear, but out of love. Baltimore Mediation ceased all in-person business and social meetings as of March 13. **We have taken our entire practice VIRTUAL and it's better**



than ever! Mediations are virtual, inspirational **Continuing Education workshops** are virtual, and our **40 hour Certified Mediation Training Programs** are **VIRTUAL** too!

Join us on-line for an interactive **June 40-Hour Workplace Mediation & Conflict Transformation Skills Training!** We use Zoom, a tool for video conferencing. We've had great success holding virtual trainings and are excited about these new connections! See you there!

GRATITUDE.... ACCOLADES, HIGH FIVES!



Big news! **The Daily Record** is awarding our founder, **Louise Phipps Senft**, with the **Leadership in Law award for 2020!** We are overjoyed by this acknowledgment of her extraordinary career and community involvement, and we are delighted by and thankful for this nomination by her attorney clients!



Dr. Cristina Sadowsky, Clinical Director at Kennedy Krieger Institute, with Louise Phipps Senft



Dr. Sadowsky and Tom Novotny, Director of Operations at Kennedy Krieger Institute, with Josh Basil

High five's and fist pumps to **the International Center for Spinal Cord Injury** at Kennedy Krieger Institute, which **celebrated 15 years in practice**

at a gala just days before the Corona Virus! We are thankful to this hopeful, affirming and dedicated team, under Dr. Sadowski's and Tom Novatny's leadership, for all they do for their patients, including friend Josh Basile and son **Archer Senft**, in ongoing SCI rehabilitation and physical therapy.



We remain in ongoing gratitude to **all "non-essential" workers**, making *personal and financial sacrifices by staying home*, and to **all essential workers**, *putting their safety at risk to keep us safe, healthy, nourished, and functioning*. We thank each of you for your choices, and we marvel at the love, courage and strength those choices reveal within you.

It's April! Tulips! In gratitude for **the joy and hope of springtime and new beginnings, Passover and Eastertide!** We hope each of you finds solace and renewal in the beauty, blossoming, and promise of this joyous season!

RELATIONAL RECIPROCITY

SPOTLIGHT: Dr. MaryAnn Ley

Using Natural, Holistic Care to Improve People's Lives

Louise has been working with **Dr. Mary Ann Ley** for years! "She helps keep me healthy, and she's part of my team. I've also relied on her wisdom for Archer's health." And Dr. Ley has also attended Louise's trainings to "better her practice."

UPCOMING TRAININGS

We're still on! In a new and exciting format: **On-Line Zoom!**





Dr. MaryAnn Ley seamlessly blends the practices of chiropractic, nutrition, therapeutic exercises, functional medicine, dry needling and massage to create **a truly holistic approach** to treating her patients.

"**The body has the power to heal,**" she says, "**but we need to identify the things that keep it from healing:** food sensitivities and diet, heavy metals, toxic chemicals in the environment, immune challenges, **gut health, electromagnetic frequencies** and radio waves." Dr. Ley uses Nutrition Response Testing, which uses the body's neurological reflexes, to identify areas of weakness, then uses food-based nutrients to help the body heal over time.

"We're dynamic," says Dr. Ley. "Our bodies are always trying to be in balance. **We use lifestyle to heal rather than harm.**"

DR. LEY'S TIPS FOR COVID-19:

- Living in a state of constant **fear weakens the immune system**. Know that you can take control to help your body through this time.
- **Turn off the TV** - especially, don't watch the news all the time - and go for a walk if it's sunny. Use this time to be more creative with things you've always wanted to try or haven't had time for.

June 40-Hour Workplace Mediation & Conflict Transformation Skills

Training: Relational Conflict Theory and Mediation Skillset for Formal and Informal Workplace Conflicts and EEO Disputes, Understanding your Conflict Style, Understanding and Responding to Conflict in Workplace Systems, including online interactions

When: June 22 -26, 2020 @ 9am - 5pm

*Limited to 20 participants

Where: In support of in-person distancing, this **workshop will now be held via Zoom**, virtually! Come join us and **be inspired**.

Course Fee: \$1550

[Register Now](#)

Know Thyself: Conflict Transformation & The Enneagram as Catalyst

Join us for a **4-Hour Mini-Retreat and continuing education** focused on personality and motivation. We'll explore Enneagram Types and the different habits of mind that cause suffering and the unique gifts of Type that allow us to **live in joy and engage more effectively with others personally and professionally**.

When: Sept. 10, 2020 @ 1:30pm - 5:30pm

*Limited to 20 participants

Where: 1500 Union Ave,
Baltimore, MD 21211

- Don't sit around eating **junk food**, because it **weakens your immune system** and makes you feel worse. Get plenty of vitamins A, D, and C, and zinc, to strengthen your lung tissues against encapsulated viruses.

For more, visit [Dr. Ley's website](#).

Thank you, Dr. Ley, for sharing your wisdom with our community!

WHAT WORKSHOP CLIENTS ARE SAYING



Click to hear a personal testimonial from a member of the Women Presidents Organization, NYC, at one of Louise's **customized relational leadership workshops** at the Harvard Club in February!

Call us and we'll design a memorable and intellectually stimulating and heart warming day for your executives! We're operating in full Zoom mode!

“Louise Phipps Senft is a force of nature and her work in the field of transformative mediation is truly a game-changer.”

– *Madeline Caliendo*

Course Fee: \$295

[Register Now](#)

October 40-Hour Mediation & Conflict Transformation Skills Training: Multiple Parties, Organizations & Representatives: Relational Conflict Theory and Mediation Skillset for Personal and Professional Use in Business, Family, Employment, Eldercare Conflicts, Mediation in the Courts, Working with Multiple Parties, Intro to Conflict Systems

When: October 19 -23, 2020 @ 9am - 5pm

*Limited to 20 participants

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

Course Fee: \$1550

[Register Now](#)

December 40-Hour Fundamentals of Conflict Transformation and Mediation

When: December 7 -11, 2020 @ 9am - 5pm

*Limited to 20 participants

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

Course Fee: \$1550

[Register Now](#)

TIP OF THE MONTH: THE SEVEN WAYS OF BEING RELATIONAL - BEING CLEAR-

There are seven Ways to Be Relational:

Be Engaged ★ Be Centered ★ Be Grounded
Be Clear ★ Be Generous ★ Be Humble ★ Be Kind

This month, we are focusing on **Being Clear**.

To "Be Clear" is to be rigorous about truth.

That means being **rigorous about how you share information with others, or don't share information**, as the case may be.

Exchanging information is one of the most important aspects of human interaction, particularly when you want to work together with another person, to collaborate, or even merely to engage in simple transactions. Being Clear is about transparency. That means **not using ambiguity to your advantage**. It means **not using clever words** to provide information that is so **vague or general that it has no value** to the other person.

It means **not intentionally providing false information** to another person about something important.

It means **not bluffing and making false threats or demands**.

It means **not exaggerating claims** to the degree where your exaggeration is clear but the truth underlying your statement is not.

Being Clear means that you consider both your needs and the needs of the other person when you exchange information.

Being Clear is an Ethic Essential to Healthy Society.

Truth in our dealings with others is fundamental to our ability to function as a society. **Where truth becomes questionable, trust evaporates.**

Each act of Being Clear may be **a simple act**, yet it can take much **awareness and courage** to do it. In this time which brings fresh challenges, let's all try **consciously to Be Clear in how we choose to share information**.

Tip:

Practicing deception often does more harm to you than it does to the person you seek to deceive.

Being Clear is good for you and for the other person(s): in your interactions, in your negotiations, in your leadership.

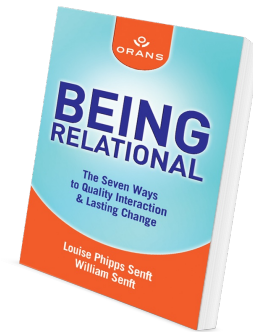
Interested in more? Call us for a **customized Being Clear workshop!**

443-524-0833

"What you get by achieving your goals is not as important as what you become by achieving your goals." - **Zig Ziglar**

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

- [Amazon](#)
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- **Independent bookstores!**



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