



25th Anniversary

BEING RELATIONAL GAZETTE

BALTIMORE MEDIATION'S NEWSLETTER AND TIPS – December 2018

A MESSAGE FROM OUR FOUNDER

Happy December! What a lovely time of year it is! We have a very busy month ahead of us here at Baltimore Mediation, with our **40-Hour December Training**, the beginning of our **7 Ways 7 Weeks Winter Series**, and my keynote speeches at **MultiCare Hospital in Tacoma, Washington!** I am looking forward to all of these events, but also gathering with my family during this holiday season. Wishing you all a beautiful, happy and healthy holiday season!



GRATITUDE.... ACCOLADES, HIGH FIVES!

Louise has been invited to keynote speak at two **MultiCare Hospital** Leadership Appreciation events in **Tacoma, Washington** this December. She is thrilled to be presenting on **Hope in Crisis** and **Relational Medicine and Advocacy** in hospitals, medical centers, rehabilitation centers, and more.

<https://www.multicare.org/>

"I CAN RELATE!" BLOG

"A key aspect of **Being Relational** for any DR practitioner is engagement. Quality engagement. We all know the difference between quality engagement and, well, non-quality engagement. It's a two-sided coin experience, right? When we interact with others in a quality sort of way, there is an ease, right? It's just nice and easy, and not just for you but for the other person too. And in that space of ease there can be a more expanded space created for better understanding, relationship, and even problem solving."

[READ MORE](#)

OUR TRAININGS

Our **40-Hour December Training** on the Basic Principles of Conflict Transformation and the Mediator Skillset, is next week! There are a few spots remaining for the December sessions so register now if you'd like to join us for our **last training of 2018!**



Can't attend in December?

Join us in **January** for our **20-Hour Advanced Mediation and Conflict Transformation Skills Training, Focusing on Custody, Visitation, and Child Support** or in **June** for our **40-Hour Training Focusing on Workplace Mediation & Third-Party Interventions.**

Interested in more information or registering for a training? See a full list of our trainings below!

[Full List of Trainings Here](#)

TRAINING PARTICIPANTS ARE SAYING...

"I think the greatest thing I am leaving this training with is tools. You armed us with tools. Everyone here, we all come to the table with different experiences and different backgrounds, and different ways of handling situations. I've been in 150 different mediations, but despite being in there, I never reflected, I never empowered. I've done 150 memorandums and different closings. But the biggest tool I learned is reflection. The reflection enables you to hear and to appreciate, and in turn, people who are coming to you with their injuries or complaints get to be heard. My experience is that there's always an "aha moment" or "ha moment" where there's tension, and then a break and an exhale. They turn to each other and resolve.

– Christian Lodokwsi, Attorney

IN A RECENT MEDIATION...

The Hale family had this to say regarding their experience working with Louise:

"We, Helene and I, feel that even though you have had to live through many problems you have blessed us and others [by] helping us stand up, walking beside us, and [sharing] your strength of mind and body to navigate us through these terribly hard times.

The test of time will prove things out, but one's resilience is fortified during this journey through the darkness. No matter how physically strong one is you must be emotionally, spiritually and mentally tough to walk to the light.

With deepest appreciate and respect,
Helene and Andy"

TIP OF THE DAY:

AVOID TRANSACTIONAL THINKING - BE RELATIONAL!

Transactional thinking and actions surround us in everyday life. You know: getting what you can even at the expense of another or holding firm that your view is better than another's. How about those transactional tendencies when you advise your clients how to maximize their needs over another's, even to the exclusion or annihilation of the other's needs? Or outside the office when you pass along information that is not fully truthful for the sake of a chuckle, or you don't speak up when someone is belittled. Or even when you are moving too fast to stop and hold the door for the person behind you... yes, transactional thinking and behavior permeates our everyday lives.

Use your courage, resolve, love, and care to change one of these tendencies today. Maybe it's waiting a little longer to hold the door open for someone, or speaking up for someone in the office who is being belittled. Try it out! Let us know how it goes.

SPEAKING EVENTS

Louise presented to the **Rakmo Institute Third International Congress** in Slovenia via video last month. In her video, Louise posed the question are you **Relational** or **Transactional**?



Louise is available to speak at events, conferences, schools, companies and more. Her speech themes include, but are not limited, to: **Relational Leadership**, for women, attorneys, executives, politicians, physicians, families; **Transformative Mediation**: what it is and why you need it; Stories from the Trenches; How to Transform the **Adversarial Ethic** in Your Life; Where is God in Crisis?; **Relational Advocacy** in Healthcare: Crossing Silos and Moving Mountains; **Relational Advocacy** in Attorney Negotiations, and Creative Miracles for Healthcare and Well-Being: The Side-by-Side Partnership of Integrative Medicine and Western Medicine.

IN THE NEWS



WHRO PUBLIC MEDIA



Louise was featured on the NPR affiliate radio show HearSay with Cathy Lewis last month. During the interview, Louise discussed how to navigate political discussions at the Thanksgiving table, an extremely relevant topic on the heels of the midterm elections. There is a **relational** way to discuss politics. In case you missed it, hear the full interview below!

[Full Interview Here](#)

TEAM HIGHLIGHT - Nancy Good

Nancy Good is a Mediation Consultant for Organizations and Churches, and a Conflict Transformation Assistant Professor. She has a Masters Degree in Conflict Transformation and is the Eastern Mennonite University Senior Mediator & Trainer. She has worked for Community Mediation Centers in Harrisonburg, Virginia and is a Partner at Newman Avenue Associates Family Therapists. She is also the Former Director at the National Coalition Building Institute for prejudice reduction, Virginia Chapter.



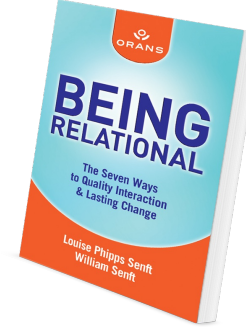
QUOTE FOR THE MONTH:

"Humility does not mean believing oneself to be inferior, but to be freed from self-importance. It is a state of natural simplicity which is in harmony with our true nature and allows us to taste the freshness of the present moment."

- Matthieu Ricard

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

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