



# BEING RELATIONAL GAZETTE

Baltimore Mediation's Newsletter & Tips

February 2020

## A MESSAGE FROM OUR FOUNDER

Embracing the new decade! As we have stepped into not only a new year, but a new decade **the possibilities are limitless**. I hope that your new year has been off to a good start as we near the end of the first quarter.

In stepping into this new year, now is a good time to pause. **There is wisdom in the pause**. There is peace in the pause. That pause could be the **catalyst for clarity**. Being Clear is not just about how you communicate with others, but about how you communicate with yourself. So be mindful of rushing through this new year with a laundry list of to-do's. Consider checking in with yourself, **get clear on your goals** and how you can actualize them while preserving well being, for yourself and others.

I will be sharing aspects of Being Relational with you each month. Please read more about **Clarity** in my blog below. I look forward to seeing a number of you next month on March 25 in Baltimore at the [Know Thyself mini-retreat](#) exploring personality via the Enneagram.

Sending love

Louise





In gratitude for those who have spiritual and religious practices much like the many Christians I saw in both Baltimore and in New York City this past Wednesday who received the sign of the cross in ashes on their foreheads related to Lent and for those at the beginning of their fasting season in preparation for Easter, Passover, Ramadan and the many other upcoming religious traditions.

These practices which take discipline, faith and hope help keep us **grounded**. They remind us that we are in alignment with something larger than we are. They help us stay centered in knowing 'Yes, I matter, and yes, it's not all about me—I'm part of something much larger and grander than I am.'

I am grateful for the reminder of how inwardly **uplifting** the experience of humility can be. **Let yourself be carried by your experience of humility.**

## Being Relational Blog:

This month's Being Relational Blog is about **Being Clear**. Exchanging information is one of the most important aspects of human interaction, particularly when you want to work together with another person, to collaborate, to make more informed decisions, or even merely to engage in simple interactions. **Being Clear** means that you consider both your needs and the needs of the other person when you exchange information.



When you engage from a place of center, you are **grounded in reality** and you are clear, you are strong enough to be vulnerable, including

sharing sensitive but vital information that will help others make informed decisions. It takes courage. Let's all try being more clear in our interactions, for the **well-being** of ourselves, of others, and of our relationships.

Try it! And let us know what happens!  
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## FEATURE

### Back to Basics: Highlights from our December 40-Hour Fundamentals of Transformative Mediation Training



Baltimore Mediation ended its 26th year with yet another successful mediation training course! We had participants join us from Pennsylvania, New Jersey, New York, and from all corners of Maryland (part of our group pictured above), all curious and dedicated to a week of learning about conflict transformation theory and practice. We are certain they will be making a difference in the lives of many with their new skills.

## NEWS

**SPOTLIGHT: Lori Mostofsky**

**UPCOMING TRAININGS**

**Welcome to the Baltimore Mediation team!**



We are thrilled to welcome Lori Mostofsky to the Baltimore Mediation team! We are expanding our offerings for families with a new conflict transformation session for all divorcing families with children, and with parenting coordination by Lori, a certified PC, for families with ongoing conflict around parenting and joint decision making.

Lori Mostofsky is trained and certified in general mediation and family and domestic mediation, and has been attending Baltimore Mediation Trainings for years so she is steeped in understanding relational conflict theory and in transformative mediation practice. By background, she is a Licensed Clinical Social Worker practicing in the field of mental health for over 25 years. She has advanced training in family therapy and is now focused on using the Relational framework to ensure quality dialogue and communication breakthroughs for families. She is a great addition to the BMC team!

**Here's What a Divorce Mediation Client Had to Say:**



### **Know Thyself: Conflict Transformation & The Enneagram as Catalyst**

Join us for a 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 engage more effectively with others personally and professionally.

When: March 25, 2020 @ 1:30pm - 5:30pm

\*Limited to 20 participants

Where: 1500 Union Ave, Baltimore, MD 21211

Course Fee: \$295

[Register Now](#)

**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

When: June 22 -26, 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](#)



“As my marriage proceeds forward toward divorce, I am reminded that it would not have happened as quickly and efficiently without our mediation sessions with [Louise Phipps Senft].

Your professional, kind and understanding demeanor left me feeling not one bit judged in the decision I was making to leave our relationship because ultimately we were not the best versions of ourselves together. Your services were very much appreciated.”

- Divorce Mediation client

### WHAT TRAINING CLIENTS ARE SAYING



"I cannot thank Louise enough for the indispensable life and professional learnings [she] shared with us over the five-day mediation training. She drew on all of her considerable skills as a communicator, mediator, coach, and trainer, and imparted to us, in an incredibly creative variety of ways, the specific attitudes and skills required to help people transform conflict by improving the quality of their interactions. As a mediator and trainer involved in bringing transformative mediation to the workplace in Quebec, I come away strengthened in my

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Join us for a 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 engage more effectively with others personally and professionally.

When: Sept. 8, 2020 @ 1:30pm - 5:30pm

\*Limited to 20 participants

Where: 1500 Union Ave, Baltimore, MD 21211

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

understanding, not only of the theoretical underpinnings, but of the hands-on, nuts-and-bolts, down-to-earth specific moves of this powerful way to be and interact with people in conflict." - **John Peter Weldon, Mediator, Trainer, and Lawyer**

\*Limited to 20 participants

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

Course Fee: \$1550

[Register Now](#)

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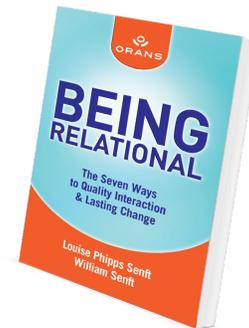
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"Act as if what you do makes a difference. It does."  
- **William James**

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

- [Amazon](#)
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- [Barnes & Noble](#)
- **Independent bookstores!**



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