



# BEING RELATIONAL GAZETTE

Baltimore Mediation's Newsletter & Tips

**May 2019**

---

## A MESSAGE FROM OUR FOUNDER

Welcome, May! Is anyone else suffering from over-scheduling syndrome? As the summer approaches and the weather breaks, my calendar tends to fill itself up pretty quickly. Sometimes our constant desire to succeed can supersede our own well-being. Remember to pause, take a deep breath, hydrate, and take personal inventory of what is going on within. Try it! You deserve it! Others deserve it! Because what you'll come to find is that it allows you to show up for others in a deeper and more meaningful way.

Sending love.

- Louise



THE MEDIATION EXPERIENCE

# Creating Space for Change

based on The Archer Senft Story



Enjoy this highlight reel from Baltimore Mediation founder Louise Phipps Senft, as she delivers a keynote speech at an International Academy of Mediators Annual Conference.

"The role of the mediator and mediation experience is to provide a space for change. It was this transformative mindset that created space for my son Archer to heal after a catastrophic accident, gave hope to thousands, and created a shift in what we believed was possible."

## GRATITUDE.... ACCOLADES, HIGH FIVES!



THE CENTER CLUB  
BALTIMORE



Expressing gratitude this month that Louise has been named The Center Club's

## FEATURE

### Self Discovery at the Enneagram Workshop



There is constant conflict in the world that affects us all on a more meta level. This fact can often leave us wondering what exactly we can do to enact positive lasting change on a large scale, and truly make a difference.

It starts with self. It starts with learning about ourselves by examining our tendencies and interactions. 16 individuals ranging from backgrounds in law, education, sales, consulting, and everything in between did just that at our Enneagram Personality & Self-Awareness Workshop last month.

Each one discovered their respective "type", formed tribes based on this

discovery, and had an open dialogue about what all that meant (haha!). They quickly uncovered how their "type" shows up in their lives, (in the boardroom or in the living room) the gifts of their type, and how relaxing to enhance their growth edges could open the door to powerful outcomes.

Learning about ourselves is the most relational thing we can do for others.

Missed this workshop?

[Join us in September for another afternoon of self discovery!](#)

## NEWS

### BEING RELATIONAL READERS ARE SAYING...



"Last week I had a chance to read *Being Relational* written and given to me by my friend [Louise Phipps Senft](#)

Let me tell you, this book really made me challenge the way I interact with others.

My biggest take away from this book was how the author challenges you to question your beliefs and to reflect on why you feel a certain way about groups of people or ideas.

By remaining centered and grounded and responding with kindness and clarity, you can begin to build more meaningful relationships with others.

I recommend this book to those who have the courage to challenge themselves on

### UPCOMING TRAININGS



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

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

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

Course Fee: \$1550

[\*\*Register Now\*\*](#)

#### **September 4-Hour CLE Enneagram, Personality & Self Awareness Workshop**

When: Sept. 10, 2019 @ 1:30pm - 5:30pm

Where: 1500 Union Avenue  
Baltimore, MD 21210

Course Fee: \$295

[\*\*Register Now\*\*](#)

building deeper relationships in both your personal and professional life by looking at how you engage from a holistic and eternal perspective.

Maybe, maybe not!"

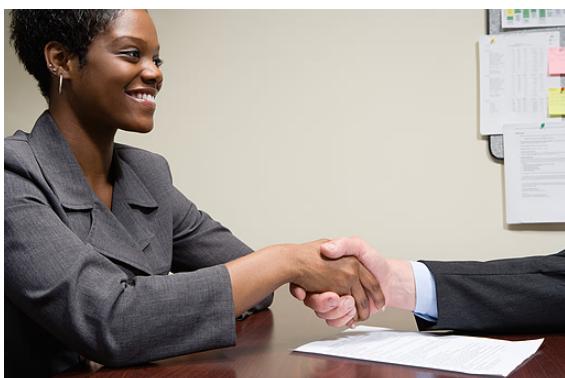
- Justin Sandridge, Business Broker at Murphy Business Sales

### WHAT CLIENTS ARE SAYING



"Louise is a master trainer and her expertise in conflict resolution is second-to-none. If you want to experience a master at work, I would recommend attending this training. Learning this skill set is a powerful tool for all people in both work and personal settings". - Amanda Laden, Amanda Laden International

### BUSINESS CLIENTS ARE SAYING



"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 Baltimore Mediation mediator. We also have a signed agreement that we stand by and it works!" - Business

### 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

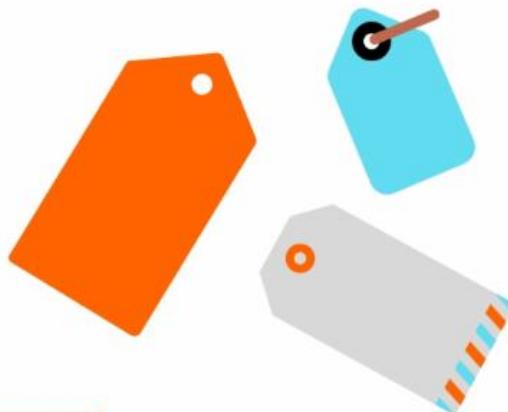
When: January 22-24, 2020  
@ 5:00 PM-9:30 PM  
9:00 AM - 5:30 PM  
9:00 AM - 4:00 PM

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

Course Fee: \$945

[Register Now](#)

# BEING GROUNDED -TIPS



Being Grounded, is knowing that labels are inherently limiting and usually false, you don't use them.

You are aware of how negatively powerful they are

#7WAYS  
7WEEKS



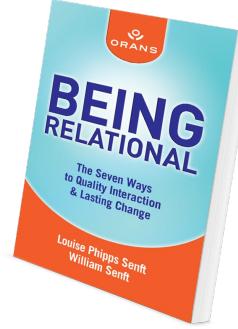
## QUOTE FOR THE MONTH:

"The art of happiness begins with developing an understanding of what are the truest sources of happiness, and setting our priorities in life based on the cultivation of those sources." - The 14th Dalai Lama

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

- [Amazon](#)
- [Audible](#)
- [Barnes & Noble](#)

- Independent bookstores!



**SHARE OUR NEWSLETTER! BE RELATIONAL!**



AS SEEN ON:



WOMEN PRESIDENTS'  
ORGANIZATION.



BALTIMORE MEDIATION | 443-524-0833 | [Office@Baltimoremediation.com](mailto:Office@Baltimoremediation.com)