



Energy, Boundaries,
and Space



The Energy of Divorce





Get Grounded

During
Meetings

Breath

Tone

Pace

Body Language

The Four Skills – Preparing Your Client

Managed Emotions

- This helps you focus on solutions rather than just reacting

Flexible Thinking

- This helps you come up with new ideas for future situations

Moderate Behavior

- This helps the other person to be less defensive and more respectful

Checking Yourself

- This helps you remember to use these skills even under stress



Space





Tools for Successful Outcomes in Mediation

Who Are We

Perspectives
Interests
Values

What We Do

Hearing vs. Talking
Responding vs. Reacting
Exchanging vs. Conceding
Respecting vs. Encroaching

What We Avoid

Criticism
Judgment
Accusations
Blame
Descriptions
Assumptions

STAYING IN YOUR OWN BACK YARD



His

- Autonomy
- Safe Space
- Express perspectives
- Articulate feelings
- Ask questions
- Obtain information
- Seek analysis
- Explore options
- Determine value
- Formulate proposals

Hers

- Autonomy
- Safe Space
- Express perspectives
- Articulate feelings
- Ask questions
- Obtain information
- Seek analysis
- Explore options
- Determine value
- Formulate proposals



Questions