

**Center for Alternative Dispute Resolution**  
**Virtual Brown Bag Session – Skills for Problem Solving**

- Free and open to the public
- Brown Bag session will be held on Zoom

**Say What You Need to Say: The Art of Clear, Courageous Communication**  
**Wednesday, May 19, 2021, 12 Noon to 1:30 PM**

Presenter: Marina Piscalish, PhD, founder of MAPping Change, LLC

In this 90-minute workshop, participants gain competence, confidence, and courage to appropriately communicate when the message *really* matters. Focused on three key skills: preparing yourself, sharing your truth, and closing with clarity, this session explores to aspects of assertive communication that are seldom addressed. You will better understand your “why”; plan your “how”; and end with a clear “what’s next” message that promotes a sense of personal strength and satisfaction. You are encouraged to come with a real problem and leave with a real plan to address it.

**Online Registration**

If the above link does not work, please copy and paste the following URL into your browser’s address bar.

<<https://www.surveymonkey.com/r/CADRPISCOLISH>>

Registration is not complete until you receive confirmation from CADR.

To request disability-related accommodations, please email [CADR@courts.hawaii.gov](mailto:CADR@courts.hawaii.gov) or call 808-539-4237.

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