

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, August 29, 2021, 1:00 to 3:00 PM

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

Being offered as an encore by demand, during this 90-minute workshop, participants gain competence, confidence, and the courage to communicate well when the message really matters. Focused on three key skills: preparing yourself; sharing your truth; and closing with clarity, we will help you better understand your “why,” plan your “how,” and end with a clear “what’s next” message that will bring you a sense of strength and satisfaction. This workshop incorporates mindfulness into assertive communication skills through the Pause, a practice for private reflection and self-regulation. 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/Piscalish>

Presented in collaboration with: Conflict Resolution Alliance • The Hawai’i State Bar Association – ADR Section • Spark M. Matsunaga Institute for Peace & Conflict Resolution • **Community Mediation Centers:** Kaua’i Economic Opportunity, Inc. Mediation Program • Ku’ikahi Mediation Center • Maui Mediation Services • The Mediation Center of the Pacific • West Hawai’i Mediation Center

To request disability-related accommodations, call the Center for Alternative Dispute Resolution at 808-539-4237 or send inquiries to CADR@courts.hawaii.gov.

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