

The Mindful Mediator

WITH MARIANN JOHNSON AND ROBERT ZEGLOVITCH

This day and half workshop will introduce participants to mindfulness practices that will enrich their ability to serve as vital resources for their clients.

The workshop will draw on Emotional Intelligence and Mindfulness-Based Stress Reduction theory and practice. Participants will also learn empowering dialogue and inquiry methods to use with their clients.

The workshop will include experiential practices designed to:

- Enhance awareness of reactive tendencies that hinder mediator/ADR professional effectiveness.
- Increase your ability to focus and concentrate.
- Promote balance and equanimity in the midst of conflict and high stress situations.

The workshop will take place in a relaxed, retreat-like environment, providing opportunities for personal rejuvenation and self-reflection.



Mariann Johnson is the principal of M. T. Johnson & Associates, an organization development consulting company specializing in effective systems change, conflict resolution and collaboration. She is past president of Conflict Resolution MN and serves as mediator with the MN Department of Human Rights. Her clients include government agencies, nonprofit organizations and Fortune100/500 companies.

In 2010, Mariann completed the Mindfulness-Based Stress Reduction (MBSR) Instructor Practicum training with the University of Massachusetts Center for Mindfulness in Medicine, Healthcare and Society. She currently teaches mindfulness with the *Institute for Mindful Leadership* and the University of MN's Academic Health Center/Center for Spirituality and Healing.



Bob Zeglovitch is a shareholder at Leonard Street and Deinard and has been practicing law since 1985. He has completed professional training in the teaching of Mindfulness- Based Stress Reduction (MBSR) at the University of Massachusetts Medical School's Center for Mindfulness. Bob has taught mindfulness to lawyers, judges, law students, corporate employees, and general audiences. His work teaching mindfulness has been recognized in the American Bar Association Journal, Minnesota Law and Politics magazine, and the Minneapolis Star Tribune. Bob has served as an Adjunct Professor at William Mitchell College of Law in St. Paul, where he taught a highly experiential course called "Mindfulness Skills for Legal Practice." Bob is the author of "The Mindful Lawyer," which appeared in the October/November 2006 issue of the American Bar Association's GPSolo magazine.

DATES

February 22-23, 2013

TIMES

22nd 9:00am-4:00pm 23rd 9:00am-1:00pm

LOCATION

Hamline University St. Paul Campus, Anderson Center

COST (Includes lunch both days.)

• \$295.00.

Mediation Center Contact Information

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