

CEDR - Accredited Mediator Skills Training Virtual Programme

Centre for Effective
Dispute Resolution
70 Fleet Street
London
EC4Y 1EU

+44 (0)20 7536 6060
www.cedr.com
training@cedr.com



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DAY	MODULE	TIME
DAY ONE (09.00-12.30)	ONE (09.00-10.30) <ul style="list-style-type: none"> • Arrival and registration • Meeting each other • Course introductions • Learning cycle • Negotiation and mediation 	90 MINS
	TWO (11.00-12.30) <ul style="list-style-type: none"> • Dividing Diamonds Debrief • Introduction to Phases of Mediation • Review of Preparation Phase • Introduction to Demonstration of Preliminary Private Meeting and Opening Phase • Demonstration of Preliminary Private Meeting • Demonstration of Opening Phase 	90 MINS
(13.30-17.00)	THREE (13.30-15.00) <ul style="list-style-type: none"> • Energising Poll • Introduction to Exploration • Demonstration of early Exploration Phase • Active Listening Skills (ALS) 1 - Spectrum • ALS 2 - Matching and Mismatching 	90 MINS
	FOUR (15.30-17.00) <ul style="list-style-type: none"> • ALS 3 - Paraphrasing, Reflecting • Introduction to practice sessions • Practice Session 1 - Transfer Trouble Role-Play 	90 MINS

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<p>DAY TWO</p> <p>(09.00-12.30)</p>	<p>FIVE (09.00-10.30)</p> <ul style="list-style-type: none"> • Small Group Reflection • Plenary debrief including positions vs interests • Active Listening 3 - Reframing, Summarising, Questions • Choice of Language • ALS - Putting it all together • Framing and Coaching <p>SIX (11.00-12.30)</p> <ul style="list-style-type: none"> • Framing and Coaching • Demonstrating information exchange and exercise • Transition from Exploration to Bargaining • Introduction to the Bargaining Phase • Negotiation Coaching 	<p>90 MINS</p> <p>90 MINS</p>
<p>(13.30-17.00)</p>	<p>SEVEN (13.30-15.00)</p> <ul style="list-style-type: none"> • Energising Poll • Negotiation Coaching • Ways to create value • Levels of Mediation Intervention • Using Flipcharts in Mediation <p>EIGHT (15.30-17.00)</p> <ul style="list-style-type: none"> • Set up Practice Session • Practice Session 2 - Unravelling the Gravel Role-Play • Plenary debrief including working with emotions 	<p>90 MINS</p> <p>90 MINS</p>
<p>DAY 3</p> <p>(09.00-12.30)</p>	<p>NINE (09.00-10.30)</p> <ul style="list-style-type: none"> • Small Group Reflection • Deadlock - when the going gets tough • Challenging Parties 	<p>90 MINS</p>

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	TEN (11.00-12.30) <ul style="list-style-type: none">• Challenging Parties• Practice Session 3 - Teflex Role-Play• Plenary debrief including ethics	90 MINS
(13:30 – 15:00)	ELEVEN (13:30 – 15:00) <ul style="list-style-type: none">• Process Decisions and Setting up Joining Meetings• Concluding and keeping the mediation alive• Topics Board• Preview of Coaching Sessions• Weekend task - Review of Competencies	90 Mins

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<p>DAY 4</p> <p>(09.00-11.50)</p>	<p>TWELVE</p> <ul style="list-style-type: none"> • Small group reflection • Coaching session 1 - Lumitalia • Feedback 	<p>140 MINS</p>
<p>(12.40-14.55)</p>	<p>THIRTEEN</p> <ul style="list-style-type: none"> • Energizing Poll • Coaching session 2 - Lumitalia • Feedback 	<p>140 MINS</p>
<p>(15.35-18.05)</p>	<p>FOURTEEN</p> <ul style="list-style-type: none"> • Energizing poll • Coaching session 3 - Lumitalia • Feedback • Plenary and preparation for first assessment day 	<p>150 MINS</p>
<p>DAY 5</p> <p>(09.00-10:55)</p>	<p>FIFTEEN</p> <ul style="list-style-type: none"> • Small group reflection • Assessment session 1 – Bricks and Mortar • Feedback 	<p>115 MINS</p>
<p>(11:45-13.10)</p>	<p>SIXTEEN</p> <ul style="list-style-type: none"> • Energizing poll • Assessment session 2 – Goldsmith Family Trust • Feedback 	<p>85 MINS</p>

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(14.30-16.10)	SEVENTEEN <ul style="list-style-type: none"> • Energizing Poll • Assessment session 3 – Fractured Relations • Feedback 	100 MINS
DAY 6 (09.00-10.55)	EIGHTEEN <ul style="list-style-type: none"> • Small group reflection • Assessment session 4 – Lemon Computers • Feedback 	115 MINS
(11.45-13.10)	NINETEEN <ul style="list-style-type: none"> • Energizing Poll • Assessment session 5 – KOTS • Feedback 	90 MINS
(14.30-16.20)	TWENTY <ul style="list-style-type: none"> • Assessment session 6 – Governing Head • What happens next • Feedback 	110 MINS