

Performing Under Pressure:

Becoming the *Calm* in the Midst of the Storm

Mediators are told to "become the calm in the midst of the storm" as they enter situations most would choose to avoid. Go beyond this advice and learn specific techniques focused on breath, posture, and vision that will dramatically improve your performance under pressure.

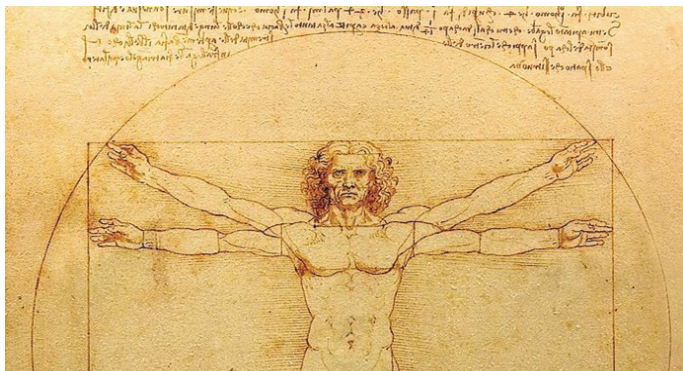


You will:

Enjoy interactive and experiential exercises that develop awareness of how your body responds in stressful situations

Learn how stress and the fight-or-flight response affect your ability to resolve conflict

Practice simple techniques focused breath, posture and vision that can counteract these negative effects



With diligent practice and proper instruction you too can embody the calm in the midst of the storm!

"This training is one of the few classes that taught me the very valuable skill of being able to control my mind and body. It helped me acquire clarity of mind, maintain awareness of my surroundings, and call on my deep reservoir of conflict analysis and resolution knowledge when I needed to."

Former student of Stephen's
advanced two-day course

Trainer: Stephen Kotev, MS

June 1, 2012

8:30am-12:45pm

Fee: \$215 early bird/ \$265

CME: Pending General and Family

Location: Northern Virginia Mediation Service

Registration: Visit www.nvms.us or call 703.865.7261.



TEACH

THINK

TRANSFORM