



# Mediate Your Life Training Manual 5th edition

*John Kinyon, Ike Lasater*

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# Mediate Your Life Training Manual 5th edition

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The Mediate Your Life immersion training program supports people in mediating conflict between warring parts of themselves, between self and others, and between others. In three workshops spread over ten months, participants learn to:

- Bring more confidence and ease to dealing with conflict in their lives
- Use the Mediate Your Life skills to effectively resolve conflict, heal relationships, and contribute to their own and others well-being
- Help others who are in conflict

The Mediate Your Life Training Manual accompanies the immersion program and includes all of the maps and skills covered in the workshops.

## **Table of Contents:**

Introduction

A Mediate Your Life Approach To Mediating Conflict

Mediating Conflict Conversations Between Others

Temporal Contexts Of Mediation

Other Maps Of The Integral Grid

Professional Development

Practicing Toward Your Goals

Resources

Appendix

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