

## **The Presence of the Mediator**

### **Description**

**The Presence of the Mediator** is a workshop focusing on the **person of the mediator**. From our experience we have learned that the presence of the mediator is of the utmost importance for the process of the mediation. When the mediator has a level of consciousness that we call Center (also referred to as 'Self', or being in a state of 'mindfulness'), there is space and acceptance for the clients as they are, with all their aspects.

Our thesis is that it is the task (and maybe the most important one) of the mediator to create a **"critical mass" of Self** in the mediation to allow the magic to happen. In the beginning, this atmosphere of calmness, peace, relaxation and spaciousness is usually established and modeled by the mediator. During the evolving mediation, it may become possible to evoke Self / Center in the clients.

Normally we take at least four days for the complete training consisting of two workshops.

In the EMNI workshop of 90 minutes I gave a taste and – hopefully – an experience with which you can continue the exploration of who you are as a mediator.

### **Biographical information**

#### **Fred van Welsem**

Fred was one of the first mediators in The Netherlands. He received his training in the USA and was instrumental in setting up mediation courses for professionals in The Netherlands. In addition, he is trained in Internal Family Systems Therapy ([www.selfleadership.org](http://www.selfleadership.org)). He embraces the transformative mediation style as defined by the Institute for the study of conflict transformation ([www.transformativemediation.org](http://www.transformativemediation.org)). Since 1998 Fred has been active in developing and leading trainings that focus on the person and the mind of the mediator or other professional. Samples of titles are: 'The presence of the mediator', 'The art of mediation', 'The person of the mediator', 'Center and parts' and 'Mindfulness for the mediator'.

Workshops have been presented in The Netherlands, USA, Canada, Germany, Scotland and other countries

In addition, Fred is a T'ai Chi Ch'uan enthusiast and a meditation practitioner, instructor and teacher in the Shambhala tradition ([www.shambhala.org](http://www.shambhala.org)).