

ADR LUNCHTIME SERIES PRESENTATION

SNAP Into It! How to Experience Conflict Mindfully

For many people mindfulness practice is seen as something abstract and fanciful with little real world application or use. Mindfulness, however, is not something to be left “on the cushion.” Rather, it is an incredibly powerful tool we can bring into our daily lives to help with the challenges we are experiencing here and now. For example, as the storm clouds of conflict gather, we can use specific mindfulness techniques - in the moment - to help us respond with greater clarity, wisdom, and calm, instead of responding from an automatic, unthinking state. In this highly interactive session, Professor Phillis Morgan, J.D., will introduce a practical mindfulness method – SNAP BC™ - which she has distilled from centuries of mindfulness practices. Practitioners will work with tools that help increase an individuals' capacity to see and interrupt unhelpful, automatic behaviors in dealing with conflict, and respond with greater compassion and resilience.

Speaker: Professor Phillis Morgan, JD

Presented by the Interagency ADR Working Group, Workplace Conflict Management Section in coordination with the Department of Energy's Alternative Dispute Resolution Office.

Date: Thursday, December 6, 2018

Time: Noon - 1:30 pm EDT *(Please allow extra time for security procedures)*

Location: U.S. Department of Energy
1000 Independence Ave, SW, Room GE-086
(DOE Forrestal Main Auditorium)
Washington, D.C. 20585

Travel by Metro: ■ Green and ■ Yellow Line - L'Enfant Plaza station (exit to Maryland Avenue) OR ■ Orange and ■ Blue Line - Smithsonian station (exit to Holocaust Museum/Bureau of Engraving and Printing).

If you plan to attend in person and you need any special accommodations, or if you plan to attend this training online and you need any special accommodations, please contact cindy.mazur@fema.dhs.gov no later than November 8, 2018.

To attend in person, everyone, including federal employees with an HSPD-12 government ID badge, must register by email to cindy.mazur@fema.dhs.gov and provide 1) name, 2) citizenship, and 3) agency/employer by November 23, 2018. You do *not* need to register to call-in or participate online.

To attend via WebEx, [click here for a direct link](#). You may also go to <http://doe.webex.com>, enter the Meeting Number 905 291 952, and click “Join.” The event password is Adr1234. Follow instructions for the audio (select the “I will call in” option for better reception).

To listen only via teleconference, please call 1-415-527-5035 and use access code: 905 291 952. **Please disregard the prompt for an Attendee ID by pressing # sign.** To **submit questions to the speaker** during the program, please use WebEx chat or email emily.wald@fema.dhs.gov. Materials for this presentation will be posted at <http://www.adr.gov/events.html> several days before the program.