

The Network for Peace through Dialogue
in cooperation with **Marymount Manhattan College**

Presents

Reflective Practice: Being Peace in Order to Bring Peace

Consensus

First, the presenter, Deborah Zarsky, gave a brief overview of Consensus, the organization where she is employed as a mediator. Then, she relayed her personal story as a “recovering attorney” working to create in her own self a peace-oriented mind set. After that, we had a 5 minute “free write” on the question “Who am I as a conflict resolution practitioner?” Next, we broke into pairs and shared with our partner those personal characteristics that help us do what we do. Some of the qualities mentioned that feed personal development are self-awareness, curiosity, empathy, neutrality, patience and humility. Finally, we talked both in pairs and as a group about what strategies we use to make sure that we continue to grow and develop as conflict resolution practitioners, such as, self-evaluation and awareness, journaling, meditating, reading, networking with other practitioners. Some participants were very touched by the “Combatants for Peace” program.

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