

## ADR Lunchtime Series



**Guest Speaker: Rachel Wohl, Esq.**  
Conflict Specialist

### TOPIC: Mindfulness for Conflict Resolvers

Mindfulness is moment-to-moment, non-judgmental awareness, i.e., being fully present. We know that the quality of the presence of conflict resolvers has an impact on both the parties and the process. We may find ourselves in the middle of highly-charged situations with conflicting parties who are under great stress. Add to that the stress of our own fast-paced lives, and the welter of thoughts, emotions, body sensations, and habitual modes of reacting that conflict naturally generates, and it may be challenging for us to sustain clear, calm, and non-judgmental, focused awareness.

This interactive presentation will introduce you to the fundamentals of mindfulness meditation, which builds our ability to be mindful in our work and our lives and will give you the opportunity to practice a simple technique to enhance the quality of your presence. It is designed for beginners as well as for those who already meditate, and especially for those who believe their minds are too active to be able to learn to meditate.

## Interagency ADR Working Group

The Interagency Alternative Dispute Resolution (ADR) Working Group was established by Presidential Memorandum dated May 1, 1998, to assist Federal agencies in developing and implementing ADR programs. The Working Group's members are ADR professionals in agencies across the Federal Government. The President appointed the Attorney General as the leader of the Interagency Working Group. The Interagency ADR Working Group is the central forum and resource for information about the Federal government's use of ADR. The working group advances the use of ADR through coordination of multi-agency initiatives, promotion of best practices and programs, and dissemination of policy and guidance.

The Office of Conflict Prevention and Resolution is the Department of Energy's representative on the Working Group and its Workplace Conflict Management Section. These ADR Lunchtime Series are hosted by DOE and coordinated by OCPR staff.

For more information, DOE staff and contractors should contact Pam Pontillo at Pamela.pontillo@hq.doe.gov or 202-586-4002.

**Date: Tuesday, July 12, 2016**

**Time: 12:00 p.m. -1:30 p.m. Est**

**Location: U.S. Department of Energy**  
1000 Independence Ave, SW  
Room GE-086  
(Forrestal Main Auditorium)  
Washington D.C. 20585  
**Broadcast in-house - Channel 3 (FORS)**  
& Channel 97 (GTN)

### To Listen via Phone:

Call 1-650-479-3208  
access code 995 605 322  
(press # for Attendee ID)

### To Join Online for Event

**#995 605 322:**

Go to <https://usdoe.webex.com/usdoe/onstage/g.php?MTID=e380828967cd5a8963a7399d9a8e4fbec> then click "Join Now" and enter event password Adr1234 (case sensitive)

### To Submit Questions:

Use online chat or email to  
victor.voloshin@eeoc.gov