



First **ADR** Kit

## ADR Training Course for Youth Workers

01-08 October 2016, Worcester, United Kingdom

[www.firstADRkit.org](http://www.firstADRkit.org)

<https://www.facebook.com/firstadrkit>

[adr@strim.org.pl](mailto:adr@strim.org.pl)



Erasmus+

Schedule of activities								
	Day 1 Sat 01.10	Day 2 Sun 02.10	Day 3 Mon 03.10	Day 4 Tue 04.10	Day 5 Wed 05.10	Day 6 Thu 06.10	Day 7 Fri 07.10	Day 8 Sat 08.11
8:00-9:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-9:30		Welcome and Introduction, Expectations	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
9:30-12:45			Understanding Conflict	Positions, Interests, Needs – Talking About What Really Matters	Dealing with Blocks and Impasses in Conflict	Options and Creativity – and Coming to Agreement	Simulations and Practice	Simulations and Practice
		What is Mediation? What is ADR? How Do They Work?	Our Conflicts at Work					
12:45-14:15		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:15-17:30		The Arts of Listening and Staying Focused	Positions, Emotions, People and Problems – Defining the Problem	Open Space	Difficult Conversations: Providing Structure and Non-Violent Communication. Powerful Questions	Power, Ethics and Culture	What is Coming Next?	Wrapping up
17:30-18:00		Crown	Crown	Buffet	Money	Ginger Pig	Money	Crown
19:30		Crown	Crown	Buffet	Money	Ginger Pig	Money	Crown

Expert Adviser:



Partners:



STOWARZYSZENIE  
ROZWOJU I INTEGRACJI  
MŁODZIEŻY

