

Conflict Resolution & Mediation Skills Training

On-Line Presentation

May 4-8, 2026
1:00 p.m. to 5:00 p.m.

Training Format: We will use the Zoom Pro platform and you must have video and audio capability to attend this synchronous-learning class.

Cost: \$645

This course combines conflict management theory with intensive practical and experiential role plays and exercises that will improve each participant's communication skills and provide conflict management strategies and techniques that are empowering and effective in everyday work, family, and community situations.

The 20-hour program will cover:

- Reflective listening skills
- Conflict resolution theory
- Identifying underlying issues
- Interest-based problem solving
- Understanding conflict behaviors
- Small group exercise
- Diversity
- Role Plays

This course is approved by the Supreme Court of Virginia Dispute Resolution Services and can be used towards Mediator Certification training requirements.

Registration closes Monday, April 27, 2026
Final payment is due by April 30, 2026

Meet the Training Team

Andrea Palmisano, PhD, *Palmisano Mediation Services*; Karen Richards, *Karen Richards Training & Mediation LLC*; and Kim Graham and Sara McAllister, *Limitless Possibilities Mediation Services*, are Virginia Certified Mediators and trainers. Together, they have 80 years of conflict resolution and training experience.

Cancellation and Refund Policy: We may cancel the training for insufficient registration or inclement weather and we will issue all registrants a full refund of any payments made. Cancellation by a participant must be done in writing by Monday, April 27, 2026 in order to receive a full refund. If cancellation is made after April 27, 2026, the participant will receive a refund less the \$100 deposit. Participants who fail to cancel or fail to attend the training ("No-Shows"), will be charged the full amount of the training and will forfeit the deposit and any payments made towards the training.

Questions? Contact Karen Richards at (757) 635-4651; visit krtrainmediate.com; or email her at krtrainmediate@gmail.com

