



## Mediator Training

Even Christian women have disputes.

Sometimes it may not feel that there is light at the end of the tunnel, but there is. Maybe you need a mediator to help walk you through solutions. Min Carenda Deonne's M.A. in Law (Mediation and Dispute Resolution) from Regent University and her certification as a NCPMT (National Certified Professional Mediator Trainer) has equipped her to train others in ministry on how to resolve conflict either personal or professional. Email us today to find out more regarding her quarterly two day mediator training. Email [admin@stress-easy.com](mailto:admin@stress-easy.com)

Mediation offers several key benefits, making it a valuable tool for resolving disputes in various contexts. Some of the top benefits of mediation include:

1. **Control and Autonomy:** Parties have more control over the outcome of the dispute, as they actively participate in the process and are directly involved in crafting a mutually acceptable solution.
2. **Confidentiality:** Mediation is a private and confidential process, which can encourage parties to speak openly and honestly without fear of information being used against them in the future.
3. **Cost-Effectiveness:** Mediation is often less expensive than litigation, as it typically requires fewer resources and can be resolved more quickly.
4. **Time-Efficiency:** Mediation can lead to quicker resolutions compared to traditional legal processes, which can be lengthy and time-consuming.
5. **Preservation of Relationships:** Mediation focuses on finding common ground and preserving relationships, which is particularly beneficial in disputes where ongoing interactions are necessary.
6. **Creative Solutions:** Mediation encourages parties to think creatively and explore a wide range of solutions that may not be available in a court setting, leading to more innovative and tailored outcomes.
7. **Reduced Stress and Conflict:** Mediation can help reduce the stress and emotional toll associated with disputes, as it provides a more collaborative and supportive environment for resolving conflicts.
8. **Compliance and Satisfaction:** Because parties are actively involved in the decision-making process, they are more likely to comply with and be satisfied with the outcome of mediation.

Overall, mediation offers a flexible, cost-effective, and collaborative approach to resolving disputes, making it a preferred option for many individuals and organizations seeking to resolve conflicts.