### INDIVIDUAL AND GROUP CONTRIBUTIONS TO THE DISCOURSES OF SOCIETY AND ORIENTATION TOWARD ENGAGEMENT IN SOCIAL ACTION

Harnessing the power dormant in today's society to bring about change

## How mediation helps to prevent and resolve family conflicts?

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Online discussion focusing on the role of NGOs and community groups in building progressive and resilient societies

A Bahá'í Inspired Perspective

### **ELEVATED CONVERSATION A Transformative Process**

#### **Purpose**

To bring together people from diverse national, cultural, religious/non-religious backgrounds and points of view interested in building mature and harmonious communities.

To create a framework that promotes elevated conversation and reflection that leads to some positive action outcome.

**Elevated Conversation:** A conversation that is not passive or centered on trivial or mundane topics. It is a conversation that seeks to engage participants in a questioning investigation and discovery of their common reality, while not imposing pre-determined prescriptive conclusions.

'Framework for Action': The 'Framework' is the actual discussion process that is the participant's investigation of their personal and their local community realities against the background of the ever evolving global reality of the world. The 'Action' component would be the individual responsibility to engage with family, friends, neighbors and the broader local community in elevated conversations and community activities.

To emphasise that elevated conversations should not begin and end with words.

#### **Key Terms of the Conversation:**

**Process:** An organic series of steps that have a known starting point, but whose end point can be speculated upon but cannot be determined or guaranteed in advance (i.e. a process of evolution, a conversation).

**Global and Local Issues:** The issues and or topics that impact our everyday lives and determine our view(s) and actions (i.e. 'seeing the big picture', '...thinking globally, acting locally').

# How mediation helps to prevent and resolve family conflicts?

- What do we mean by Mediation?
- Conflict definition and how to identify its triggers?
- Goals and characteristics of the Mediation process
- The benefits of Mediation
- The role of the Mediator
- What does the Mediation process look like?
- Tools for healthy communication and effective problem solving