



ADR Lunchtime Series



Guest Speaker:
Phillis Morgan, Esq.
Founder, Resilient at Work

SNAP Into It!

How to Experience Conflict Mindfully

For many people mindfulness practice is seen as something abstract and fanciful with little real world application or use. Mindfulness, however, is not something to be left “on the cushion.” Rather, it is an incredibly powerful tool we can bring into our daily lives to help with the challenges we are experiencing here and now. For example, as the storm clouds of conflict gather, we can use specific mindfulness techniques - in the moment - to help us respond with greater clarity, wisdom, and calm, instead of responding from an automatic, unthinking state. In this highly interactive session, Professor Phillis Morgan, J.D., will introduce a practical mindfulness method – SNAP BCtm - which she has distilled from centuries of mindfulness practices. Practitioners will work with tools that help increase an individuals' capacity to see and interrupt unhelpful, automatic behaviors in dealing with conflict, and respond with greater compassion and resilience.

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 Alternative Dispute Resolution (ADR) Office 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 ADR Office staff.

For more information, DOE staff and contractors should contact the ADR Office at ADROffice@hq.doe.gov or 202-586-4002. For technical assistance during the presentation, please text 240-361-7607.

If contractor employee attendance is during billable work, prior to attending, the contractor employees should consult with their employer, who will coordinate with the contracting officer.

Thursday, December 6, 2018

Time: 12:00 - 1:30 pm EST

Location: Main Auditorium

U.S. Department of Energy
1000 Independence Ave, SW
Washington D.C. 20585

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