

November 7, 2015

Greetings,

Thank you for attending our workshop on **The Untapped Resources That Will Change Your Game, Professionally & Personally** at the SCMA Fall Conference 2015 at Pepperdine University in Malibu. Following are some resources and inspiration from the presentation that you might find supportive if you choose to take up a practice to strengthen your inner core and well-being or you want to take your mastery to the next level in your existing practice.

This is what you will find in this document:

1. Example of a Grounding Ritual
2. Resources: Inspirational Articles + Books
3. Program Offerings Related to the Program
4. List of Specific Practices
5. Get in Touch Information

May this be of support to you and inspire action.

Warmest regards,



## Example of a Grounding Ritual before entering the Mediation Room

Make it a routine to do some important preparation before walking into the mediation room. Give yourself a few moments in a quiet and private space if possible to ground and get yourself to a peaceful place. The impact can be powerful for all parties concerned.

### 1. Set an Intention:

Start by setting a clear intention of what you would like the outcome of the mediation to be for both parties anchored in a win-win solution for all stakeholders.

### 2. Centering / Grounding

Center / Ground yourself through the Breath Close your eyes for a moment. Breathe deeply into your belly on the count of 4, hold for the count of 3, and exhale with your mouth open on the count of 7. Do this four times. As you inhale, feel your belly expand outward like a balloon and on the exhale, feel it contract and pull towards your spine as you release any tension, anxiety, or negative thoughts that you might be holding. You can even place your hands over your belly while doing this.

### 3. Sensing your Arms and Legs

Before you open your eyes, bring your attention down from your head and sense your arms and legs from within without trying to change anything and without valuing what you are finding. Just sense what you factually and physically are feeling (tingling, hot, cold, stuck, frozen, flowing, frozen, soar, etc.). Sensing our hands and legs is very grounding and a fast way to get centered before mediation. It brings the awareness to the lower part of the body and away from the thinking that helps with becoming more present and awake to the moment. It can also be done while walking, sitting, cooking, working, gardening, stuck in a traffic jam, watching TV, or waiting in line. This is a very powerful and foundational practice to heal the split between the inner and the outer. During the Mediation If you add looking and keep 55% of the focused energy in the sensing of the arms and legs and only 45% into the looking you become very anchored in the here and now. You can practice doing this at any given time during the mediation process and especially when things get challenging. A great way to stay grounded and it will in return help to ground the conflicting parties.

### Appreciation

It is also a wonderful ritual to give thanks at the end of mediation for what has been accomplished. That could be done with the conflicting parties, just with your own client, or simply on your own, all depending on the situation.

### Create Your Own Ritual

Be creative and come up with your own ritual that you find works the best for you after experimenting with various modalities. This is just one suggestion that can be modified according to your needs.

## Inspirational reading:

- [How to Shift from Overwhelm to Well-Being: A 15-Step Conscious Leadership Formula](#)
- [Leadership + Self-Awareness = True Power](#)
- [Is there a Fountain of Calm on Your Rooftop?](#)
- [9 Keys to Being an Inspirational Leader](#)
- [How to Design Your Own Mini Self-Care](#)
- [A Prisoner's Example: A Study of Nelson Mandela](#)

## Resources - Books:

- Yoga For Lawyers: Mind-Body Techniques To Feel Better All The Time – Hallie N. Love and Nathalie Martin (ABA)
- Inside Out: How Conflict Professionals Can Use Self-Reflection to Help Their Clients – Gary Friedman (ABA)
- A Meditation Home Companion -- Kenneth Cloke
- Full Catastrophe Living - Jon Kabat-Zinn
- Coaching Your Client: A Lawyer's Guide for Improving Communication and Client Outcomes - Arezou Kohan, Esq.
- Meditation in a New York Minute: Super Calm for the Super Busy -- Mark Thornton
- Search Inside Yourself: The Unexpected Path to Achieving Success and Happiness - Chade-Meng Tan
- Calm in the Face of the Storm - Nan Waller Burnett

## Program Offerings Related to Personal Practice, Core Strengthening & Balancing

### [How to Shift Overwhelm to Strength, Calm, & Well-Being:](#)

*A 5-Step Conscious Leadership Practice*

In this program we will share a 5-Step Conscious Leadership Practice that offers step-by-step guidance to getting back to balance, health, and well-being whenever we are faced with the experience of overwhelm. The process can be used for personal re-balancing as well as getting a team back into a healthy flow when the state of overwhelm is reached.

### [Emotional Intelligence as a Core Competency](#)

Emotional Intelligence (EQ) is considered one of the most important competency in modern day leadership and conflict resolution and exceeds IQ in importance. It is a skill cultivated to effectively perceive, understand, and manage emotions and feelings of self and others that improves problem solving, communication, conflict resolution, decision making, relationship management, collaboration, social interactions, and the ability to inspire and empathize with others. It expands the ability to use more of the inner intelligences available for positive human interactions, personally and professionally.

### [The Master Mediator's Inner Practice for Outer Success](#)

It can take its toll on the dispute resolution practitioner's health and well-being to be in the field of highly conflicting energies over long periods of time while breaking through impasses and steering the mediation process to creative problem solving and decision-making.

In this highly engaging, experiential, and inspirational workshop we will explore what Inner Practice is, why it is vital to the mediator, how to build and cultivate it, and what the benefits are to the mediation practitioner as well as to clients. You will practice simple, foundational inner technologies, create a blueprint for your own energy-practice, and design a personal grounding and centering ritual with action steps, which can solidly ground you before going into challenging mediations.

These programs are suitable for lawyers, mediators, corporate clients, small and medium sized businesses, entrepreneurs and their start-ups, non-profits, government agencies, peer groups, and other professional associations. Offered as a half a day, or a full day program. For further information and to book a program for your organization, contact us [HERE](#)

## List of Specific Practices:

- Practice of Empathy
- Practice of Compassion
- Practice of Listening
- Practice of Gratitude
- Practice of Breathing
- Practice of Forgiveness
- Practice of Mindfulness
- Practice of Self-Awareness
- Practice of Surrendering
- Practice of Reflection
- Practice of Appreciation
- Practice of Journaling
- Practice of Stillness
- Practice of Yoga
- Practice of Chi Gong
- Practice of Tai Chi
- Practice of Loving
- Practice of Kindness
- Practice of Self-Care

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[Get-in-Touch Form](#)