



*is pleased to offer*

## ***Mediating Your Inner Dialogue***

**Friday January 21, Register at 5:30pm; session: 6-9pm**  
**Saturday and Sunday January 22 & 23: 10:00am-5:00pm**  
**\$250 (Early bird \$200 if received by December 15<sup>th</sup>)**  
**Lipscomb University-Ezell Center, Nashville, Tennessee**  
**Approved for 15 hours CME credit**

**Register and pay online: [www.nvcnashville.org](http://www.nvcnashville.org)**  
(click on Events tab and follow instructions for registration and secure payment of fees)

**Contact: Tracy Wimberly @ 615-788-9157 or email: [wimberwork@earthlink.net](mailto:wimberwork@earthlink.net)**

*We often hear a critical voice in our head that judges us against an impossible standard of perfection. Whether working with our children, our spouse, or working with others in conflict ... our reactions are triggered. Caring for ourselves is vital to support our continued work in the area of conflict, and enables us to do better work as parents, partners, mediators, conflict coaches and other ADR professionals.*

*What you will take home:*

- *A model and process for mediating inner dialogue*
- *Increased self-awareness and understanding of internal conflict*
- *How to return to presence and connection in the intensity of conflict*
- *How to create peace between warring voices in your own head*



### **About Ike Lasater and John Kinyon**

Ike practiced trial law in San Francisco for 20 years and co-founded Banchemo & Lasater, a law firm specializing in complex, multiparty commercial and environmental cases. Ike is co-author of [What We Say Matters](#) and author of [Words That Work in Business](#).

John's professional background is in academic psychology and psychotherapy. John received his B.A. from the University of San Francisco and his M.S. degree in clinical psychology from Penn State University, where he spent 5 years working as a psychotherapist and a research assistant at the Penn State Stress and Anxiety Disorders Institute.

Ike and John have been mediating and training with Nonviolent Communication (NVC) for over 10 years. They work with individuals, families, businesses, and institutions. They offer mediation training in the US, Europe, and Australia.