

J-Sol 6 – Roots and Diversity  
Japan Tokyo – June 22-23 2013

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## Workshop on Solution Focused Brief Mediation

“Focus on solution.” How conflicts become a resource.

*Solution focused mediation is different than everything you might have experienced and heard till now. In SF Mediation people don't talk about conflicts or problems but about resources and solutions – and if there is conversation about conflicts it is done to utilize them as a resource. Dealing with conflicts becomes surprisingly simple and creative.*

The main goal of SF Brief Mediation is to help clients as fast as possible to shift in a cooperative and constructive communication and to focus on what will be different when they have satisfied their common and individual needs and what will be the next step to realize this.

In this workshop you can experience the elegance of solution focused brief mediation and get an idea of how it works and what the effects are. And you will do it by yourself.