

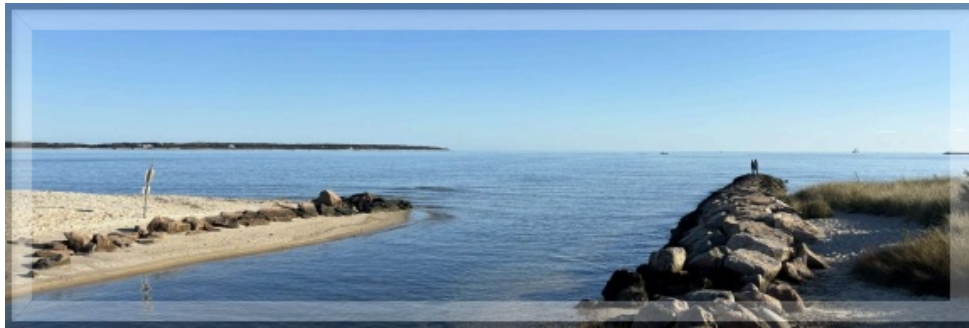
Mediator's Break

Monthly News & Updates

December 2024

"Only a clear vision of principles and goals can provide the compass we need as we find our way along a path that is inevitably winding and unclear."

Howard Zehr



Events and Happenings at Cape Mediation



Cape Mediation Joins the Cape Cod Young Professionals Annual Breakfast

Cape Mediation's Courtney West, Anne Tessier, and Allyson Rogers, were pleased to join the Cape Cod Young Professionals (CCYP) at their annual community breakfast at the Wequasset Resort in Harwich to celebrate their accomplishments and awardees, hear from community leaders, and learn how members make an impact as an active member of the CCYP community.



Cape Mediation's Annual Appeal

We are happy to be celebrating Cape Mediation's efforts over the last 30 plus years. Our small Cape Cod nonprofit has a mission of bringing people together at times when they are faced with tremendously difficult situations. Our Annual Appeal is once again underway and our goal is to raise \$10,000 by December 31st so that we can continue to offer these valuable services, as well as build more programs as our world and community continue to change. We are so grateful to have supporters like you to make our work possible. With your help, we look forward to continuing this important work in our community. To support Cape Mediation, please visit us on the web at capemediation.org. Thank you.

Cape Mediation Interviews Nauset Athletic Director on Impact of Captain's Leadership Workshop

by Daisy O'Neil and Allyson Rogers

Cape Mediation's Youth Program Team recently had the opportunity to speak with Nauset Regional High School's (NRHS) Athletic Director, John Mattson. John is a graduate of NRHS, has worked at the school for sixteen years, and has held the position of Athletic Director for the past ten years. His job, although extremely rewarding, comes with many challenges, including dealing with conflict. In 2024, John invited Cape Mediation to provide our workshop for the Team Captains in the sports programs at NRHS, to help students manage conflict, improve communication skills, and learn to better manage the issues they are most likely to face in their leadership roles.

Mr. Mattson spoke with us about the impact of the chain of command on conflict in the environment of a high school and how, within that chain, a lack of communication is sometimes present that can create further issues. He expressed that leading by example is one of the most important lessons students learn in leadership roles. Students who have earned a role as a leader have the responsibility to set an example for their peers. When asked about our first leadership training with Nauset in the Spring of 2024, he acknowledged that there will always be some degree of conflict in these competitive environments, but he noticed a decrease in disputes among teammates. He said that it has been beneficial for students from all different sports to come together in this training and to recognize they might have more in common than they think. Collaboration on strategies for problem-solving was indeed beneficial to those who attended our training.

We are encouraged by the positive impact these workshops have had on the students at NRHS and are grateful for the support of people in our community, including John Mattson and all the staff at NRHS. We provide our Conflict Management workshops for students and other youth groups across Cape Cod throughout the year and continue to adapt our programs based on feedback from each program to effectively tailor our programs to meet the needs of the students we work with. The Cape Mediation Youth Program is excited to have the opportunity to offer leadership workshops to students in schools across Cape Cod!

Discover how the Gestalt Leading Self Workshop made a difference for Allyson

A special thank you to Gestalt International and Cape Mediation for this great learning experience!

by Allyson Rogers

I recently completed the Gestalt International Leading Self Workshop, and it was a truly transformative experience. In today's fast-paced work environments, I've realized that success isn't all about technical skills it's about how well we understand ourselves and connect with others. Through Gestalt core concepts like Awareness, Presence, and Optimism, I gained a deeper understanding of my leadership strengths and how to leverage them more effectively. The 5Dynamics energy model was especially eye-opening, helping me recognize how I naturally engage with others and manage my energy at work. The workshop also emphasized practical skills like managing stress,

building stronger relationships, and developing leadership presence. By the end, I felt more confident in my ability to connect with others and had a clear plan for continuing my leadership growth. I am looking forward to utilizing the skills learned in my work here at Cape Mediation. I highly recommend this workshop to anyone looking to increase self-awareness and improve their leadership effectiveness.

Cape Mediation Extends Gratitude to Our Volunteers This Holiday Season

As the holiday season approaches, we want to express our heartfelt gratitude to all those who make Cape Mediation's work possible. To our mediators, conciliators, board members, workshop facilitators, staff, and interns — your dedication and support have had a profound impact on our community. Whether through facilitating sessions, offering guidance, or supporting our initiatives behind the scenes, your contributions are invaluable. As we reflect on the year's successes, we are deeply thankful for your continuous efforts. Wishing each of you a peaceful, joyful holiday season filled with love and gratitude. Thank you for your hard work and commitment!

Be sure to visit our new [VOLUNTEER EVENTS PAGE](#) on our website to read about everything we have been doing! You can find it by [CLICKING HERE](#) or by following the link on our [NEWS & EVENTS PAGE](#).



How to Survive the Holidays: Conflict Resolution in Action, by Carly Breslin, acknowledges that the holidays can be a very difficult and confusing time for some, and discusses ways to ease potential conflict. She talks about ways to have a more open-minded perspective going into the holidays, and how to address issues that arise during holiday events. Happy reading and happy holidays!

Read this article at [How to Survive the Holidays](#) .

Do you have a reading, podcast, or other media that you want to share with the Cape Mediation community? If so, email us at info@capemediation.org!



Giving Tuesday

Giving Tuesday is a global movement that began in 2012



to inspire people around the world to do good. This year we celebrate Giving Tuesday on December 3rd. Please join us in unleashing the power of generosity by supporting people in your communities with a smile, a kind word, helping out a neighbor or volunteering to help those in need. Visit [GivingTuesday.org](https://givingtuesday.org) to learn more about the Giving Tuesday movement. To support Cape Mediation's mission of bringing people together, please

visit us on the web at CapeMediation.org.

The Board's Corner

To our Cape Mediation Friends Near and Far --

Happy Holidays

from the Cape Mediation Board of Directors



December 2024

Calendar Change: Our Discussion and Debrief sessions will now be held once each month on the First Thursday of the month.

Thursday, December 5, 2024, 9:00 AM - Orleans District Court In-Court Mediation.

Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Thursday, December 5, 2024, 4:00 PM - Discussion and Debrief. We invite all

mediators and conciliators to join our discussion and debrief remotely on Zoom! Beginning this month will be meeting once a month on the First Thursday of every month.

Thursday, December 12, 2024, 9:00 AM - Orleans District Court In-Court Mediation.

Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

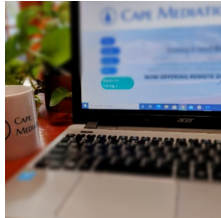
Thursday, December 19, 2024, 9:00 AM - Orleans District Court In-Court Mediation.

Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

Wednesday, December 25, 2024 - Christmas. The Cape Mediation office will be closed in observance of the Holiday.

Thursday, December 26, 2024, 9:00 AM - Orleans District Court In-Court Mediation.

Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.



Submit Your Request for Mediation and Conciliation Services Online!

Submit your request to schedule a Mediation or Conciliation on our website at CapeMediation.org and fill out a [Request for Services](#) form. After we receive your request, one of our experienced case coordinators will contact you to learn more. **You may also reach us by phone at 508-240-1717 or by [email](mailto:info@capemediation.org) at info@capemediation.org.**



Advanced Dispute Resolution Skills Practice Training

Cape Mediation's Advanced Dispute Resolution Practice Training Program is for newly trained neutrals and for neutrals that wish to gain additional advanced hands-on experience. This program provides an invaluable opportunity to practice mediation and conciliation skills, and is held remotely by Zoom. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. It is an important next step for anyone involved in the field of Dispute Resolution. [READ MORE.](#)

To Register visit us on the web at CapeMediation.org or click [Register](#).



Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offers programs in Youth Conflict Resolution training, Youth Peer Mediation, and Youth Conflict Management workshops. **To start a Youth Conflict Management Program or host a workshop at your school or organization, please email us at, info@capemediation.org.**



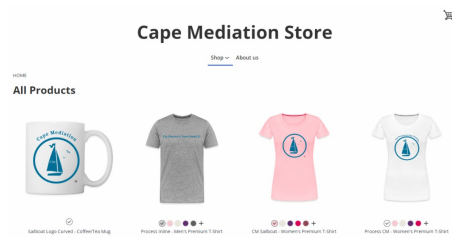
Mediator's Break is Online

Want to reference an old newsletter but your inbox is, well, a little overwhelming and you'd rather not scroll back to find the needle in the haystack? Don't fret -- now you can access our Newsletter from our website, www.CapeMediation.org, along with archives. [Click Here to View Current and Past Newsletters.](#)

**Stay Up-to-Date on
Cape Mediation News and Events**



Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. [Click Here to View News and Events.](#)



VISIT THE CAPE MEDIATION STORE!

Show your passion for The Process!

Wondering where to get a Cape Mediation t-shirt, mug or more? Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community.

[Visit the Cape Mediation Store](#)

For Cape Mediation Staff and Volunteers



Keep Us Updated!

Don't miss out! Do you have a new email address, phone number or mailing address? Would you like to mediate in person? Are you interested in getting more involved with Cape Mediation or have an idea for a workshop? We want to know! Click the link below to share your updated information with us.

[Click Here For The Survey!](#)



Cape Mediation Website Members-Only Page

The Members Only page on the Cape Mediation website is open to all Cape mediation active volunteers and staff. Find: Events Calendar, Open job positions, Debrief Highlights, and more! This page is open to Cape Mediation staff and volunteers.

Volunteer Sign-Up!

Volunteers can now sign-up to volunteer to mediate and conciliate through the link on our Members-Only Page.

Volunteer Calendar

See important dates and happenings listed on the Volunteer Calendar located on the Members-Only Page.

To request access to this page, please email Peter at:
peterkelsey@capemediation.org



Interested in Becoming More Involved?

If you are interested in becoming more involved in any of our programs, please **reach out!** Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. [Contact us](#).

Cape Mediation's Google Groups Discussion Board

We invite all Cape Mediation volunteers to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution. This **group is open to Cape Mediation staff and volunteers**. If you have not already joined, please [contact us to join](#).

Discussion & Debrief

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions. During the debrief we talk about which skills worked best and what other skills might have been used, focusing on challenges and skills. **Debriefs are open to Cape Mediation staff and volunteers.**

VOLUNTEER AVAILABILITY FOR DECEMBER 2024

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely weekdays, both in the morning and afternoon. We also are excited to be back in-person offering mediations at the Orleans District Court House on Thursdays.

If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!

MY JANUARY
AVAILABILITY

Our Coordinators are There!

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

We Will Take Care of the Tech!

Don't know how to run breakout rooms? Never hosted a Zoom meeting? No problem! A tech person is available for **ALL** programs to take care of the tech so you don't have to!

Support Cape Mediation



Support Cape Mediation

Your donations help us continue to provide high quality services to our community. For a small organization like

Cape Mediation, the cliché "every dollar counts" holds true.



Donate with Amazon Smile

We're on Amazon Smile if you'd like to make donations at

no cost to you - just follow **this link** and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

Show your passion for The Process!

Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community. [Visit the Cape Mediation Store](#)

Donate Today

Follow us on Social Media
Follow Us on Social Media

Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!



More Information

About Us

Visit: CapeMediation.org/About/

National Association for Community Mediation

Visit: NAFCM.org

Resolution Massachusetts

Visit: ResolutionMA.org

Mass Law Libraries

Visit: <https://www.mass.gov/orgs/trial-court-law-libraries>

Cape Mediation | [Website](#)



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