

# **Shifting Our Perceptions**

## **Small Changes — Big Impact**

**Facilitated By:**

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Fareen Jamal, LL.B L.L.M

Cathy Daigle, CFP

# **Shifting Our Perceptions: Small Changes — Big Impact**

## **Session Content**

This experiential session will consist primarily of a series of exercises.  
It will start with a 3.5-minute video.

*We would appreciate it if you would please be seated promptly*

The video exercise workbook will be passed out after the viewing.  
We'll do a series of 5 exercises based on the video.

A second exercise workbook will be passed Out  
We'll do a series of brief individual experiential exercises

Using the workbooks and power points,  
the exercises will include a combination of self-evaluation, brief discussion,  
and honing of *Powerful Non-Defensive Communication™ (PNDC) skills*

**Sharon Strand Ellison, M.S.** is an international communication consultant, award-winning speaker, creator of the *Powerful Non-Defensive Communication™* (PNDC) process and the author of *Taking the War Out of Our Words*. She and her daughter, Ami Atkinson Combs, authored the *Taking Power Struggle Out of Parenting*. Sharon has extensive experience working with Collaborative Family Professionals, speaking at IACP conferences, regional and state conferences and providing training for Collaborative Practice Groups across the US and Canada. She was one of 55 participants at an International Symposium, co-sponsored by the Minnesota Collaborative Law Institute and the Fetzer Institute. Subsequently, Her article, *New Roots for Social and Institutional Change*, was published in The Collaborative Review. Sharon was also an invited participant at an International Symposium at Columbia University, focused on the role of language in international conflict resolution. Invited to speak at the Commonwealth Club in San Francisco, Sharon's topic was on communicating effectively across the huge divide(s) in our country. Judges in the 9<sup>th</sup> Circuit Court invited Sharon to speak at their annual conference on the topic of how to reduce conflict during depositions and also in the courtroom. The guest speaker at the 11<sup>th</sup> annual Kaplan Lecture, Sharon received an honorary award as a pioneer in the field of communication.

**Fareen Jamal, LL.B LL.M** is a Collaborative Lawyer, and OAFM Accredited Family Law Mediator. She was Chair of the Ontario Bar Association Family Law Section (2017-2018) and the 2014 Recipient of the Ontario Bar Association's Heather McArthur Memorial Young Lawyer Award. She is an appointed panel lawyer for the Office of the Children's Lawyer and previous director for Access for Parents and Children in (APCO). She has also served as a faculty member of the Family Law Institute, the Family Law Summit and the Law and Youth Seminar Series. Fareen has presented on a wide range of topics, including, "Cultural Fluency" for family law judges in 2014, "Enforcing Mahr in Canadian Courts," "Healing the Wounds: A Post Mediation Program for Families," as well as issues related to disabled adult children, elders, and youth and the law. She moderated, "Islamic Perspectives on Conflict Resolution", at the Ismaili Centre in Toronto. She also co-Chaired "Family Law Restoration, Reformation, and Transformation" and co-Chairs the Six-Minute Family Law Lawyer annually since 2018. Fareen helped develop the International Family Mediation Charter at the IFM Conference and workshop in Geneva. Her many articles include "Anonymity in Family Courts: Stop Naming and Shaming." Fareen is an avid proponent of enhancing compassion, equity and cross-cultural fluency.

**Cathy Daigle, CFP** is a Certified Divorce Financial Analyst practices in the San Francisco-Monterey Bay area. Intensive trainings in *Powerful non-Defensive Communication* has helped her to look more closely at how one asks questions, gives feedback to others, expresses thoughts, feelings and beliefs helping to create clear boundaries while giving an ability to turn conflict into conversation. Active in Collaborative Practice since 1998, her focus is on the full-team model and skill-building as a practitioner, trainer, and mentor. She is an integral part of her practice group CPSV, was instrumental with its shift to an interdisciplinary group in 1999, was the first non-attorney President in 2005, and is now involved in the Collaborative Trusts & Estates trainings as a way to expand beyond the divorce arena. She is a past-IACP Board member, Standards & Ethics Committee member and was co-drafter of the original IACP Ethical and Practitioner Standards in the early 2000s. She continues to be active with CP California and is a recipient of the Cal-Eureka Award; one who "has made significant contributions and demonstrated an abiding dedication to establishing and sustaining Collaborative Practice in California." Cathy has provided trainings in US, Canada and Italy, and enjoys co-creating Collaborative Practice passion with others around the globe.