

## Columbia Law School Series: Leadership & Self Awareness

Peace

Deadline: Closed

Type:	Workshop
Location:	New York, United States
Date:	4 Mar 2019
Duration of event:	1 Days
Programme Area:	Peace Security and Diplomacy, Peacemaking and Conflict Prevention, Peacekeeping, Multilateral Diplomacy, International Law
Specific Target Audience:	Core Diplomatic Training
Website:	<a href="http://unitar.org/">http://unitar.org/</a>
Price:	No Fee
Event Focal Point Email:	<a href="mailto:pelayo.alvarez@unitar.org">pelayo.alvarez@unitar.org</a>
Event Focal Point Contact Number:	2129639196

### BACKGROUND

Columbia Law School and the United Nations Institute for Training and Research (UNITAR) are pleased to announce the third series of workshops on Conflict Resolution, Mediation and Negotiation.

The workshops will deliver the most rigorous, intellectually engaging, interactive, custom programming for United Nations diplomats. Our individual day-long courses will leverage Columbia's unparalleled strength in the area of conflict resolution, weaving it in with skills building programming that acknowledges the 2030 Agenda and Sustainable Development Goals.

The programs are designed for delegates at any level who wish to achieve mastery of negotiation, mediation and multilateral conflict resolution processes, and implement them toward solving the world's most difficult problems.

### EVENT OBJECTIVES

Participants may expect:

- Innovative, multidisciplinary teaching at an equivalent level to that seen in Columbia University and Columbia Law School degree programs

- Access to the best Columbia Law School faculty and experts
- Interactive exercises with individual coaching toward greater skills mastery
- Rigorous programs delivering the latest in theory toward achievement of the 2030 Agenda and Sustainable Development Goals

## METHODOLOGY

The Workshop focuses on enhancing the leadership capacities of the attendees by focusing on their awareness of 'self'. The morning session focuses on understanding and navigating the "self" as an instrument of impact and change by a deeper appreciation of Internal and External Self Awareness. This would involve learning about effective communication with focus on self-awareness and using self-reflection as a tool for effective communication.

The afternoon session will build on the morning session and focus on developing leadership competencies in interpersonal interactions with greater self awareness of oneself. This would involve learning about communication techniques in feedback, reframing and other concepts as well as the importance of feelings. The session would also focus on the thinking styles, biases and different cultures. The Workshop will be interactive and will have classroom exercises.

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