

Welcome to “Self and Others” and congratulations on embarking on this learning journey!

We’ll be developing skills in this program that can significantly change the quality of your relationships; whether with yourself or with others. Although you’ll walk away with some useful tips and tactics that you can apply immediately in your life, it’s ultimately up to you to dig in and embrace the full potential of the lessons.

Here are some useful tips to help you optimize this learning experience.

1. Do not consume in one sitting! We fully understand that time is precious, so we’ve avoided any fluff and filler; instead, you’ll find this program to be dense and jam-packed with useful content. Although there is approximately 7 hours of video content, it takes multiple days to cover this material in “live” training sessions.
2. Pay particularly close attention to the “action steps”; more importantly, put them into action! Test them out in your own life. Many action items are relevant to the final assignment, so begin thinking about them as they are presented.
3. Pause, rewind, and take notes. We move quickly, please pause and rewind the video as required.
4. Be prepared that some topics/exercises may be personal and sensitive. Introspective exploration is encouraged for several exercises.
5. Don’t skip sections! Even if you’ve had past training/experience on a particular topic, the majority of our lessons and tools are developed in house, so you’ll gain fresh approaches for familiar topics.
6. Always consider ways to apply the lessons in your own life. Conflict is ubiquitous. As you gain an understanding of what to look for, identify and target the unnecessary friction that’s present in any aspect of your life, whether: personal; family; business partners; colleagues; friends; workplace; etc.
7. You may find it useful to download and/or print some of the graphics and models. At minimum, we highly recommend making the *Seesaw Model* easily accessible.
8. Although completing the Certificate requirements is not mandatory, keep in mind that earning a Certificate in *Learning Module One* is mandatory for our internal roster of coaches, facilitators and trainers and is also a prerequisite for other CIAN courses.
9. The majority of concepts and tools have a broad application. Although we regularly highlight this throughout the program, they are typically all-encompassing. For example, a tool for approaching personal conflicts can be just as relevant to workplace conflict or peacebuilding efforts.
10. Although the videos can be accessed on all devices; it’s optimized for desktop viewing.
11. Feedback. Many of these tips originated from the feedback of other course participants. We welcome your feedback so that we can strengthen the program and learning experience for all.

Again, welcome to “Self and Others”; we hope that you have a rich and fulfilling learning experience!

The CIAN Team

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