

Conflict and Peace Specialist

Are you having a conflict?

The Conflict and Peace Specialist can be a resource for you on conflict management skills and services. We provide a neutral, private, and independent resource to assist students in managing conflicts, disputes, or complaints on an informal basis. We serve as an educator, intermediary, mediator, facilitator, information gatherer, or simply as an active listener. All UHM students are welcome to voice concerns, evaluate situations, and identify options on how to proceed. We develop proactive programming that addresses issues that arise and beyond.

Learn about

- Active Listening
- Conflict Styles
- Communication Styles
- Coping Strategies
- Facilitation
- Mediation
- Negotiation
- Peacebuilding Strategies
- Sources of Conflict
- Skills for Effective Communication
- And many more resources and services.

What is Mediation?

Mediation is an informal, confidential process in which an impartial third party - the mediator - helps people:

- 1) Talk through their differences,
- 2) Explore and negotiate options, and
- 3) Craft agreements that are fair, realistic, and durable.

Mediation is voluntary and requires flexibility. The mediators ensure a safe and respectful process for everyone involved.

What issues can be mediated?

- Rumor and gossip disputes
- Relationship difficulties
- Racial and cultural confrontations
- Roommate conflicts
- Student Organization disputes

When is Mediation not recommended?

- Sexual Assault
- Drug Use
- Suicide
- Weapon Possession
- Physical Assault
- Legal Problems

Who is a Mediator?

- Trained professional who assists students explore ways to manage an issue/problem/conflict
- Has the patience to listen to people
- Keeps information private
- Conducts the mediation
- Does not make decisions for students, nor take sides
- Help students remain focused on the problem



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Contact me to request an appointment.