BLACKBIRD FOR TRAINING

Comprehensive Arbitration, Mediation & ADR Training Course

21 – 25 December 2026
Cape Town (South Africa)



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Ref: 322267_193411 **Date:** 21 – 25 December 2026 **Location:** Cape Town (South Africa) **Fees:** 4200 GBP

Why This Course

In today's legal and commercial environment, disputes require resolution methods that are efficient, practical, and responsive to the needs of the parties involved. Arbitration, mediation, and other alternative dispute resolution methods have become essential tools for managing conflicts while reducing cost, delay, and procedural complexity. Professionals who understand how these mechanisms work are better positioned to resolve disputes effectively and support stronger legal and business outcomes.

This comprehensive 1-week course provides an in-depth exploration of arbitration, mediation, and other alternative dispute resolution methods. Participants will gain practical skills, understand legal frameworks, and learn best practices from industry experts. The course combines theoretical knowledge with hands-on exercises to prepare professionals for effective dispute resolution.

What You'll Learn and Practice

By joining this program, you will:

- Understand the fundamental principles and processes of arbitration, mediation, and other ADR methods.
- Develop practical skills in conducting arbitration hearings and mediation sessions.
- Analyze the legal and ethical considerations in ADR practices.
- Learn techniques for effective communication and negotiation in dispute resolution.
- Gain insights into selecting appropriate ADR methods for various types of disputes.

The Program Flow

Day 1: Introduction to ADR and Negotiation Fundamentals

- Overview of ADR methods and their applications.
- Legal framework and ethical considerations in ADR.
- Negotiation theory and strategies.
- Practical negotiation exercises.



Day 2: Mediation Principles and Techniques

- Mediation process and stages.
- Role and skills of an effective mediator.
- Mediation strategies and interventions.
- Simulated mediation sessions.

Day 3: Arbitration Fundamentals and Procedures

- Arbitration agreements and clauses.
- Arbitrator selection and powers.
- Arbitration procedures and evidence.
- Mock arbitration hearing exercises.

Day 4: Advanced ADR Techniques and Hybrid Processes

- Med-Arb and Arb-Med processes.
- Early neutral evaluation and fact-finding.
- Online dispute resolution methods.
- Case studies of complex ADR applications.

Day 5: Practical Application and Skill Development

- Drafting ADR clauses and agreements.
- Managing challenging parties and situations.
- Cultural considerations in international ADR.
- Final simulation exercises and feedback.

Individual Impact

- Strengthen your ability to conduct mediation sessions and arbitration proceedings with greater confidence.
- Enhance your skills in negotiation, communication, and dispute management.
- Build stronger understanding of legal and ethical issues in ADR practice.
- Gain practical tools for selecting and applying the most suitable dispute resolution method.

Work Impact

- Improve dispute resolution processes through more effective use of arbitration, mediation, and hybrid ADR methods.
- Strengthen contract drafting through clearer and more effective ADR clauses.
- Support better management of complex disputes, difficult parties, and cross-cultural issues.
- Enhance organizational capacity to resolve conflicts efficiently and professionally.



Training Methodology

This program integrates legal understanding, procedural knowledge, and practical application to ensure real-world relevance and professional impact. Learning methods include:

- Real-world case studies on arbitration, mediation, and ADR strategy.
- Practical exercises in negotiation, clause drafting, and dispute analysis.
- Interactive workshops on mediation techniques and arbitration procedures.
- Simulations and mock sessions for skill development and applied learning.
- Frameworks and tools for using ADR methods more effectively in professional practice.

Beyond the Course

Upon completion, participants will be better equipped to manage disputes with greater confidence, practical skill, and strategic awareness. They will return ready to:

- Apply arbitration and mediation principles more effectively in practice.
- Draft stronger ADR clauses and agreements.
- Handle complex disputes and challenging parties with greater confidence.
- Select and use appropriate ADR methods to achieve better dispute resolution outcomes.

