



SIMC MASTER CLASS SERIES

MASTERING THE INTANGIBLES: PERCEPTIONS AND EMOTIONS IN MEDIATION

5 December 2025 | 9 am – 6 pm | Singapore

1-Day Advanced Workshop on Dealing with Perceptions & Managing Emotions in Mediation

Perceptions and emotions often drive disputes more than facts. This workshop equips mediators with advanced tools to recognise, manage, and reframe these dynamics for more constructive outcomes.

Core Topics

- Perceptions in Mediation: bias, identity, culture & reframing tools
- Managing Emotions: recognising triggers, regulating intensity, leveraging emotions constructively
- Apologies & Acknowledgement: when apologies help (and when they don't)
- Advanced Integration: reframing narratives, co-regulating parties, and building shared meaning

This advanced workshop is open to all mediators and practitioners who have completed a certified basic mediator training program or SIMC's Specialist Mediators' Workshop.

Why Attend?

- Deepen your self-awareness and emotional intelligence
- Strengthen your capacity to shift entrenched party positions
- Gain tools to manage intense mediation moments with professionalism and empathy
- Learn by doing – with exercises, peer feedback, and expert facilitation

Learning Outcomes

By the end of the workshop, participants will:

- Understand how perceptions and biases shape conflict
- Apply strategies to manage emotional intensity in real time
- Use apologies and acknowledgement effectively in mediation
- Integrate perception & emotion techniques into advanced practice



Trainer:

Lim Tat

MANAGING PARTNER
AEQUITAS LLP

CHAIR, INTERNATIONAL
MEDIATION INSTITUTE



CPD Points: 7.5 Public Points
Practice Area: Alternative Dispute Resolution
Training Level: Advanced

Workshop Fee: S\$800 (plus GST)

SIMC Specialist Mediators get 20% discount

Secure Your Spot Today!

Participants who wish to obtain CPD Points are reminded that they must comply strictly with the Attendance Policy set out in the CPD Guidelines. For this activity, this includes signing in on arrival and signing out at the conclusion of the activity in the manner required by the organiser, and not being absent from the entire activity for more than 15 minutes. Participants who do not comply with the Attendance Policy will not be able to obtain CPD Points for attending the activity. Please refer to <http://www.sileCPDcentre.sg> for more information.

For more information contact - training@simc.com.sg



WHAT YOU WILL LEARN

Dealing with Perception: Managing Subjective Realities

In any dispute, the "truth" is often filtered through individual lenses. This session explores how cognitive biases, entrenched assumptions, and differing worldviews shape how parties perceive conflict – and each other.

Through engaging discussions and hands-on exercises, participants will learn to:

- Identify and unpack subjective narratives
- Challenge rigid perspectives with curiosity and care
- Facilitate reframing to foster clarity and connection
- Mastering these skills helps mediators shift the conversation from misunderstanding to mutual recognition.

Managing Emotions: Staying Grounded in High-Stakes Mediation

Emotions often sit at the heart of disputes – and mediators are not immune. This session equips participants with techniques to stay grounded amidst volatility while supporting parties through emotionally charged moments.

Topics include:

- Emotional anchoring and self-regulation techniques
- Mindfulness tools for managing stress in real time
- De-escalation strategies that preserve safety and trust

Participants will leave with greater confidence to navigate complex emotional dynamics while maintaining calm, presence, and control.

This workshop is designed for accredited and experienced mediators looking to refine their practical skills in managing perception and emotion during complex mediations.