## George Andruszkiewicz

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I offer web-based sole and co-mediation for workplace disputes using the Zoom platform. This allows for the whole mediation process to be carried out with the use of breakout rooms, as well as caucus meetings involving both parties.

I recently completed a Zoom based co-mediation and the parties reached agreement. I am happy to talk through the mechanics of the Zoom process with others.

I have 15 years experience of working in the addictions and mental health field. As a freelance trainer I have delivered training sessions on managing change at: HMRC for frontline staff in the London Mayor's office, and the Coastguard service. I offer Zoom, webinars and web-based support on resilience.

As a freelance trainer, I have been delivered guided mindfulness sessions for staff at an NHS Trust for the past four years.

I offer web-based introductions to mindfulness meditation.

