



MAYER MEDIATION MINUTE: Be Curious

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Today, I want to explore the importance of being curious.

Curiosity allows us to learn and grow.

Curiosity also leads to sharing.

Sharing leads to understanding and connection.

In mediation, understanding and connection can pave the path to resolution.

So, in your next mediation, be curious. Curious about opposing views. Curious about options. Curious about wants and needs.

Curiosity may just lead to resolution.

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