

About the Foundation

("Foundation") maintains an active presence in diverse communities of interests that range from local, to national, to international levels. The Foundation is a national not for profit organisation. It meets people face-to-face, on the telephone and broadly in informal settings. An underlying focus for the Foundation is on the development of holistic health practices. This includes mind, body, and spirit. Photographic works often help us to relax through positive visualisation, and provide unique opportunities to see life through others' eyes and imaginations. Whole foods can help to maintain, and improve health, and to give energy to thrive in our everyday lives. The Foundation's sister organisation namely the Trident Mediation, Counseling and Support Foundation was first established from the majestic Rocky Mountains in 1998.

The Foundation offers such models as public legal education, photographic, culinary, and other services. These include the following:

- Commissioner for Oaths
- Conflict Management
- Counseling
- Employee and Family Assistance
- Legal and Qualitative Research
- Mediation
- Rehabilitation: Addressing Personal "Dis-ease"
- Therapies: Individuals, Marriages and Families
- Tutoring

We offer counseling in several areas including the following:

- Employee Family Assistance
- Work-based retention
- Work-based violence
- Family
- Family Violence
- Anger Management
- Marital
- Separation
- Parenting Issues
- Substance Abuse
- Grief
- Educational
- Traumatic/critical incident debriefing
- Post Traumatic Distress Disorder
- Legal
- Vicarious Traumatization



The Trident Mediation, Counseling, Arts and Support Foundation ("Foundation") can be available to offer you legal, and qualitative support, including research and development services. Loosely defined research may involve methodical investigation that is aimed at enhancing human knowledge and development. Dr. Geary of the Foundation is an English-speaking post-graduate who is familiar with, for example, laws in Common Law systems. In qualitative methods, there is a subjective interpretation of data, which might emerge through the generation of codes and themes. Qualitative research is an approach to inquiry that considers mainly non-numerical data. Examples of this data include direct observation, interviews, archives, relics, and focus groups.

Legal and Qualitative Research Services

It is demanding to use computers, and the internet, and added challenges are the risk that your financial, personal, and other information could be hacked, and otherwise compromised. There has been an advent of insurance to cover internet based activities, and benefit to you using some basic, or more advanced steps to secure your information. This can help to lessen preparations for court, mediation, or arbitration. Time might be limited and pending deadlines can become challenging to meet.

When conducting legal research processes investigators may explore empirical facts or challenges, to build strategic solutions from these. The Foundation often consults legal resources, such as, Government Acts, regulations, and case law to provide you with legal information, or research. Next you can have some resources to make informed decisions, about how you might address your problems. The Foundation could also assist you with information to develop documents such as pleadings, motions, factums, or written submissions, memorandum, and case summaries.



The Foundation offers a diverse set of service options that can be beneficial and provide you with:

- Coverage Opportunities: insurance providers could cover The Foundation's services. You may have small, or no out-of-pocket expenses.
- Flexible Arrangements: The Foundation works with you aiming for you to have convenient scheduling to meet your work, or home obligations.
- Short Wait List: Access to services through the telephone, or the Internet is usually under 48 hours, if not on the same day.
- Prevention Approaches: The Foundation makes suggestions as to how manage your stress.
- Short & Long Term Help: The Foundation focuses on the core causes of your legal, or psychological stress, not just the symptoms.
- Caveats: This leaflet does not create any lawyer, and client, or counselor, and client relationship.

This publication is not designed to provide legal advice and the Foundation does not offer this. You should consult with a lawyer who is familiar with the issues and the laws of your country. The provision of legal support, such as, information, and research is not the same as giving legal advice, as to the relevance of law, to an individual's situation. The Foundation is unable to provide you this legal advice. If such advice is sought you should consult with a practicing lawyer. In sum, the Foundation offers some legal and qualitative support services to assist you to meet life demands including deadlines

The Foundation is only a phone call, or an email away.

The Foundation offers whole foods and organic items, kitchen equipment, and photographic works as part of its fund-raising activities. Ask us about our home delivery service.

*We are a national not for profit organisation that works in such areas as mediation, the arts, public legal information and counseling. We focus on developing holistic health and wellbeing, and follow generally accepted principles of counseling:
Head, Heart and Hand!*

We offer customised services to people who experience need, or are in stressful situations. We resolve to provide quality services that reach out to people who are experiencing problems in living.

MEDIATION



A dictionary definition of mediation is, “to bring about agreement, peace, etc. between parties to reconcile - to act as mediator”. Nowadays, mediation is applied in several areas such as at work, education, training, and home.

Often mediation is based on a premise that conflicts are best resolved by disputants who create their own agreements between themselves. They can benefit from being supported to develop their shared and sustainable agreements.

Communities, health including counselors, human resource, legal and other professionals broadly support mediation to lessen tensions and ill will. It should be remembered that relationships may end, but work and family relationships carry on. Generally, no one enters a relationship with the intention of separating from, or divorcing another. Children and vulnerable others may be severely damaged when relationships breakdown; as can the disputants themselves. Please remember that children and others have the right to openly love all disputants without being subject to disapproval. Mediation can be assessed at various entry points in the legal system such as prior to, or after litigation. The system is often costly and disputants can suffer from litigation neurosis. A first step to identify, limit or to avoid disputes, before they reach damaging proportions may be to contact the Foundation.

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Trident Mediation, Counseling, Arts and Supports Foundation ("Foundation")



*There are so many unanswered questions such as:
Do you ever wonder what happened to the instruction manual that surely must have come with life,
Or become convinced that just about everyone has the answer? Everyone except you!*

Do you some-times feel quite inadequate, or lonely? Your family, friends, or colleagues are often important to you. So, what can you possibly do to develop friendships, and influence people?

We've got news for you, nobody seems to have the answer. There are few hidden secrets. Don't throw up your hands in horror – there are guidelines and these can give you an edge. That's like having some useful extra tools in your metaphoric toolbox to cope and perhaps even to thrive. Each of us experience trials, or tribulations and we need to navigate these to benefit from teachable times. Life has ups and downs, crests and troughs, and it can be demanding! One of nature's tonics is laughter and it is important to see the humorous, and bright side of life. Some-times we need support from others to partake of the tonic. The Foundation is only a phone call, or an email away.

The development of personal health is a way of life. It can be enhanced by living in harmony with self and others. No person is an island unto themselves, and often we need people to live happy and productive lives. Loneliness and isolation seem to be aspects of modern life. Support services could assist people to improve their health and overall well-being, The Trident Mediation, Counseling, Arts and Supports Foundation



THE TRIDENT FOUNDATION

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