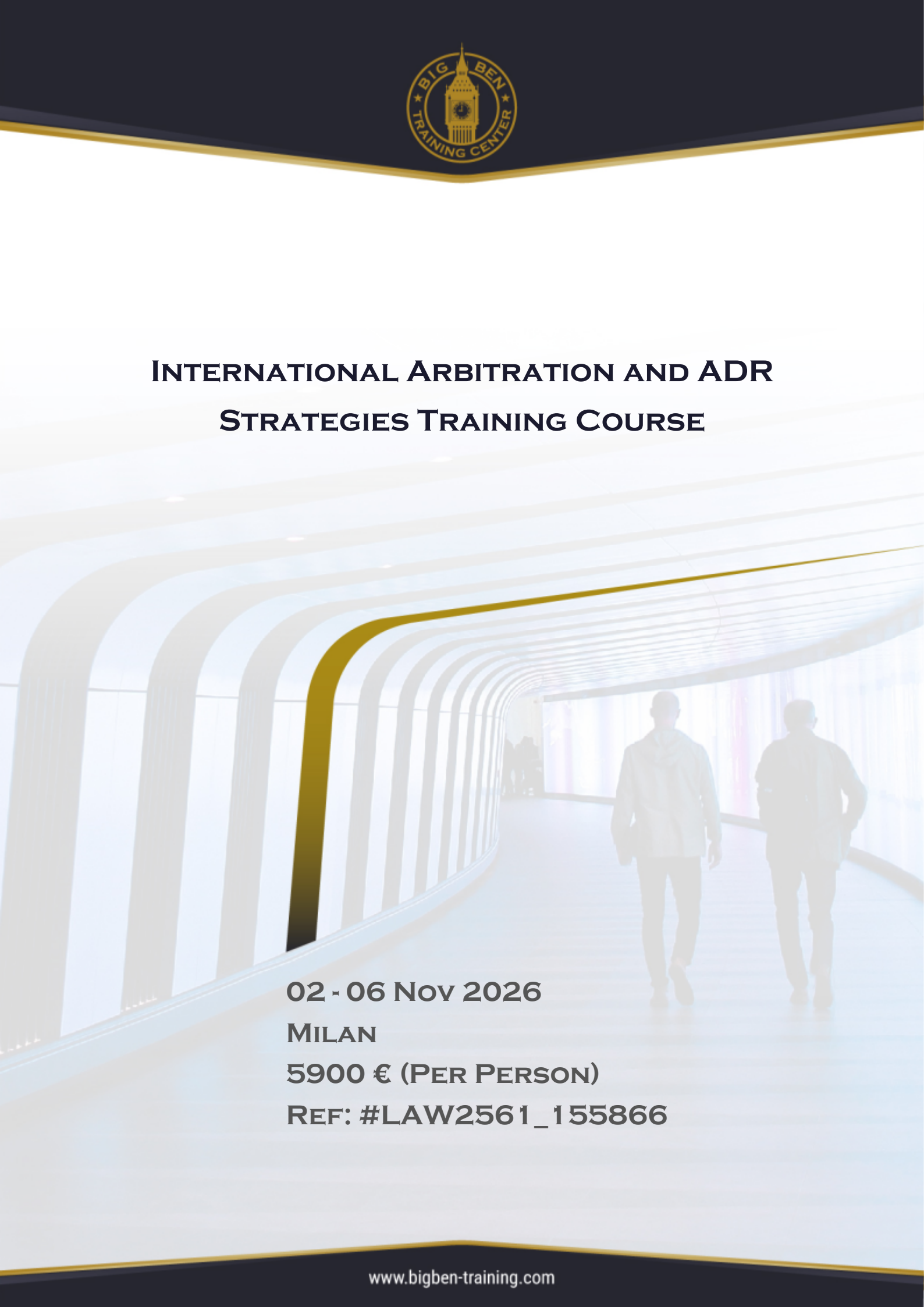
# International Arbitration and ADR Strategies Training Course



02 - 06 Nov 2026

Milan

5900 € (Per Person)

Ref: #LAW2561_155866

## Course Introduction / Overview:

This comprehensive course provides an in-depth exploration of international arbitration and Alternative Dispute Resolution (ADR) mechanisms, designed to equip professionals with the strategic skills needed to manage and resolve complex cross-border disputes effectively. In today's globalized economy, litigation is often not the most efficient path, making expertise in ADR a critical asset for legal and business professionals. The curriculum delves into the entire lifecycle of international dispute settlement, from drafting robust arbitration clauses to the strategic enforcement of arbitral awards under frameworks like the New York Convention. As the renowned scholar Gary B. Born outlines in his seminal work, "International Commercial Arbitration," the practice is a sophisticated blend of law, procedure, and strategy. This program, offered by BIG BEN Training Center, moves beyond theoretical knowledge to focus on practical application, analyzing real-world case studies and procedural tactics. Participants will gain a nuanced understanding of various ADR methods, including mediation and negotiation, enabling them to select and implement the most appropriate conflict management strategy for any given situation, thereby minimizing legal risk and protecting organizational interests.

## Target Audience / This training course is suitable for:

- Lawyers and In-House Corporate Counsel.
- Contract Managers and Administrators.
- Commercial and Project Managers.
- Government Officials and Public Sector Legal Advisors.
- Procurement and Supply Chain Professionals.
- Executives and Business Owners involved in international trade.
- Arbitrators, Mediators, and aspiring dispute resolution professionals.
- Legal Consultants and Paralegals.

## Target Sectors and Industries:

- Construction and Engineering.
- Oil, Gas, and Energy.
- International Trade and Commerce.
- Banking and Financial Services.
- Technology and Telecommunications.
- Maritime and Shipping.
- Pharmaceuticals and Healthcare.
- Governmental bodies and public international organizations.

## Target Organizations Departments:

- Legal Departments.
- Contract Management and Administration.
- Procurement and Purchasing.
- Project Management Offices.
- International Business Development.
- Compliance and Risk Management.
- Finance and Commercial Departments.

## Course Offerings:

By the end of this course, the participants will have able to:

- Analyze the fundamental principles of international arbitration and ADR.
- Draft effective and enforceable dispute resolution clauses in international contracts.
- Navigate the procedural complexities of major arbitral institutions like the ICC and LCIA.
- Develop strategies for managing evidence and witness testimony in arbitration.
- Apply advanced mediation and negotiation techniques to achieve favorable settlements.
- Understand the framework for challenging and enforcing arbitral awards globally.
- Evaluate the distinctions between commercial, investment, and specialized arbitration.
- Implement best practices for managing costs and time in dispute resolution processes.

## Course Methodology:

The training methodology at BIG BEN Training Center is designed to be highly interactive, practical, and participant-centered, ensuring a deep and lasting understanding of international arbitration and ADR. We move beyond traditional lectures to create an immersive learning environment where participants actively engage with the material. The course heavily relies on the analysis of real-world case studies and landmark arbitral awards, allowing participants to dissect complex legal and strategic issues. Interactive sessions, group discussions, and Q&A panels with the instructor foster collaborative learning and the exchange of diverse perspectives. A significant portion of the program is dedicated to practical simulations, including mock arbitration hearings and mediation role-playing exercises, which provide a safe space to practice advocacy, negotiation, and decision-making skills. Participants will receive constructive feedback throughout these activities to refine their techniques. This blended approach ensures that attendees not only grasp the theoretical underpinnings of dispute resolution but also develop the practical competence and confidence to apply these strategies effectively in their professional roles.

## Course Agenda (Course Units):

### Unit One: Foundations of International Dispute Resolution

- Introduction to the spectrum of Alternative Dispute Resolution (ADR).
- Key principles and legal frameworks of international arbitration.
- Sources of law in international arbitration.
- Understanding the arbitration agreement and drafting effective clauses.
- Distinguishing between ad hoc and institutional arbitration.
- Overview of major arbitral institutions (ICC, LCIA, HKIAC).
- The concept of arbitrability and public policy considerations.

## Unit Two: Mastering the International Arbitration Process

- Commencing an arbitration and forming the arbitral tribunal.
- The roles and responsibilities of arbitrators, counsel, and parties.
- Jurisdictional challenges and preliminary objections.
- Managing the arbitral procedure and key procedural orders.
- Written submissions, memorials, and counter-memorials.
- The role of evidence and document production in international arbitration.
- Conducting effective and persuasive oral hearings.

## Unit Three: Advanced Topics in Commercial and Investment Arbitration

- The use of expert witnesses and managing expert evidence.
- Interim measures and emergency arbitrator proceedings.
- Specialized forms of arbitration such as construction and maritime disputes.
- Introduction to Investment Treaty Arbitration (ICSID).
- Understanding fast-track and expedited arbitration procedures.
- Multi-party and multi-contract arbitration complexities.
- Ethical considerations for counsel and arbitrators in the process.

## Unit Four: Strategic Application of Mediation and Negotiation

- Principles and stages of the mediation process.
- The role of the mediator and different mediation styles.
- Techniques for effective negotiation and settlement discussions.
- Drafting and enforcing settlement agreements (mediated settlement agreements).
- The Singapore Convention on Mediation.
- Hybrid dispute resolution processes (Med-Arb, Arb-Med).
- Developing a comprehensive dispute resolution strategy for your organization.

### Unit Five: The Arbitral Award, Enforcement, and Future Trends

- The legal requirements and structure of an arbitral award.
- Challenging and setting aside arbitral awards at the seat of arbitration.
- The New York Convention and the global enforcement of awards.
- Grounds for refusal of recognition and enforcement.
- Managing costs and cost allocation in arbitration.
- The impact of technology and the rise of Online Dispute Resolution (ODR).
- Current challenges and future directions in international dispute resolution.

## FAQ:

### Qualifications required for registering to this course?

There are no requirements.

### How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

## Something to think about:

In an era of increasing geopolitical fragmentation, can international arbitration remain a truly neutral and effective forum for resolving cross-border disputes?

## What unique qualities does this course offer compared to other courses?

This course distinguishes itself by focusing on the strategic and commercial dimensions of dispute resolution, rather than offering a purely legalistic or theoretical overview. While many programs cover the rules of arbitration, our curriculum, designed by BIG BEN Training Center, emphasizes the "why" behind the "what"—equipping participants with the strategic foresight to manage disputes as a business process. We delve into the practical realities of cross-border conflict, analyzing how cultural nuances, commercial pressures, and procedural tactics intersect. The course is built around a framework of decision-making, teaching participants how to choose the right ADR method, select the right arbitrator, and present a case in a way that resonates commercially and legally. Through extensive use of complex, real-world case studies and interactive simulations, participants do not just learn about arbitration and mediation; they practice it. This hands-on approach ensures that attendees leave with not just knowledge, but with actionable skills and a sophisticated strategic mindset to protect their organization's interests, manage risk, and achieve optimal outcomes in any international dispute.