Resolving Disputes Through International Arbitration and Litigation Training Course



08 - 12 Nov 2026

Manama

4400 € (Per Person)

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Course Introduction / Overview:

This comprehensive training course provides an in-depth exploration of international commercial arbitration and litigation as methods for resolving cross-border disputes. It's designed to equip legal and business professionals with the skills they need to navigate the complexities of international dispute resolution. Participants will get an understanding of the key differences between arbitration and litigation, the procedural rules of major international arbitration institutions, and strategies for effective case management. We go from drafting a dispute resolution clause to enforcing an arbitral award, with an emphasis on practical application and strategic decision-making. The course also covers critical areas like the New York Convention on the Recognition and Enforcement of Foreign Arbitral Awards. BIG BEN Training Center is proud to offer a program that not only focuses on core legal principles but also incorporates real-world case studies from various international tribunals. The course is built on the works of leading scholars in international dispute resolution, like Gary B. Born, author of International Commercial Arbitration, and Alan Redfern, known for his work on international arbitration procedures. Our curriculum uses practical examples and interactive exercises, ensuring that participants can apply their newfound knowledge immediately in their professional roles.

Target Audience / This training course is suitable for:

- Lawyers and legal advisors.
- Corporate counsel and in-house lawyers.
- Contracts and procurement managers.
- Business development professionals.
- International trade specialists.
- Compliance officers.
- Academics and researchers in international law.

Target Sectors and Industries:

- Legal services and law firms.
- International trade and commerce.
- Financial services.
- Energy and natural resources.
- Construction and infrastructure.
- Technology and telecommunications.
- Government agencies and international organizations.

Target Organizations Departments:

- Legal Affairs.
- Contracts and Procurement.
- International Business.
- Risk Management.
- Corporate Governance.
- Compliance.
- Business Development.

Course Offerings:

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

- Understand the key differences between arbitration and litigation.
- Draft effective international arbitration clauses.
- Navigate the procedural rules of major arbitration institutions.
- Manage evidence and discovery in international disputes.
- Prepare for and participate in arbitral hearings.
- Enforce foreign judgments and arbitral awards.
- Assess the costs and benefits of arbitration vs. litigation.
- Negotiate settlement agreements in cross-border cases.
- Identify and mitigate risks in international contracts.

Course Methodology:

BIG BEN Training Center's approach to this training course is highly interactive and practical, with an emphasis on hands-on learning and real-world application. We move beyond simple lectures, using a variety of teaching methods that engage participants and reinforce key concepts. Case studies based on actual international disputes are central to the curriculum, allowing attendees to apply their knowledge of arbitration and litigation in a simulated environment. Group workshops encourage teamwork and collaboration, helping participants develop communication and problem-solving skills critical for complex cross-border conflicts. The program also uses role-playing exercises to practice witness examination and oral advocacy in an arbitral setting. Additionally, we integrate interactive sessions focused on the latest trends in international dispute resolution, providing a clear and comprehensive look at the modern landscape. Feedback is an important part of our methodology, with instructors providing personalized insights and guidance throughout the course to help each participant grow as a dispute resolution professional.

Course Agenda (Course Units):

Unit One: Foundations of International Dispute Resolution.

- Litigation vs. international arbitration.
- Key characteristics of arbitration.
- The New York Convention.
- Sources of international commercial law.
- Choosing the governing law and jurisdiction.
- The role of major international arbitration institutions.
- Arbitration agreements and clauses.

Unit Two: The Arbitration Process.

- Initiating arbitration.
- Appointing arbitrators.
- Procedural rules and case management.
- Evidence and discovery.
- Written submissions and pleadings.
- The arbitral hearing.
- Interim measures of protection.

Unit Three: Arbitration Awards and Enforcement.

- Drafting and issuing an arbitral award.
- Challenging and annulling an award.
- Recognition and enforcement of awards.
- The role of national courts.
- Enforcement under the New York Convention.
- Case studies in award enforcement.
- The finality of arbitration.

Unit Four: International Litigation.

- Navigating cross-border litigation.
- Jurisdictional challenges.
- Process Service abroad.
- Discovery and evidence gathering.
- Enforcing foreign court judgments.
- The role of forum shopping.
- Strategies for managing parallel proceedings.

Unit Five: Advanced Topics and Practical Skills.

- Negotiation and mediation in international disputes.
- Third-party funding in arbitration.
- The use of technology in international dispute resolution.
- Ethical considerations for arbitrators and counsel.
- Dispute resolution in specific industries.
- Future trends in international arbitration.
- Best practices for preventing disputes.

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:

Given the rising costs and delays associated with international commercial arbitration, how can businesses and legal practitioners strategically leverage alternative dispute resolution mechanisms to achieve more efficient and effective outcomes?

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

This course stands out because it provides an integrated and practical approach to international dispute resolution. It goes beyond the theoretical, offering a curriculum that blends a deep understanding of legal frameworks with the practical demands of strategic decision-making. We understand that success in international disputes requires more than just knowing the law, it's about mastering the process, from initial contract drafting to final enforcement. That's why we place significant emphasis on skills like strategic planning, evidence management, and negotiation, making sure participants are prepared for the full range of challenges they will face. Our focus on practical application through realistic case studies, role-playing, and interactive sessions ensures that participants don't just learn a concept, they master a skill. We also make a point of keeping our content current, so it reflects the latest trends in international arbitration and litigation. This forward-thinking approach, combined with the professional expertise of BIG BEN Training Center, makes for a program that is both academically sound and immediately useful in a professional setting.