



Compassionate Listening Workshop 2021

About:

The skills of Compassionate Listening will empower you to become a stronger peacemaker. As we harness the wisdom of our hearts, we can shift challenging communication and relationships into compassionate interaction.

The training is for those wanting to connect to their deeper self -- an often hidden source of strength and wisdom within us. It is for those who wish to strengthen their resilience during these turbulent times, discover their authentic inner compass, and learn how to maintain a deep, compassionate connection to self and others, even through differences.

We will integrate the Five Core Practices of Compassionate Listening allowing us to hold a space of learning and healing for ourselves and each other. Participants will leave with tools to connect to their own full potential as it evolves. They will strengthen their capacity to listen deeply in an embodied way that allows for the work to continuously unfold long after their participation in the training. Self-inquiry practices are woven throughout the class to support participants in integrating the practices.

This experiential workshop focuses on the core practices developed by The Compassionate Listening Project:

- Cultivating and Holding Compassion for Oneself and Others
- Developing the Fair Witness, without Judgment or Blame
- Maintaining Balance in the Heat of Conflict, with Respect for Self and Others
- Listening with the Heart
- Speaking from the Heart, with Language that Reflects a Healing Intention

Details:

This course is highly experiential and requires your full presence, participation, and commitment to show up. After registration and payment, you will receive a registration confirmation and welcome email. Please add @tomorrowswomen.org to your *safe senders* list to ensure that you receive all course access information. If you have any questions, please contact the facilitator Glenn Dickter at skyglenn@gmail.com or (505) 913-0307

TOMORROW'S WOMEN

Courage. Leadership. Change.



Looking forward to meeting you in the circle!

Cost:

This workshop is a fundraiser. Your generous contributions will go to Tomorrow's Women and The Compassionate Listening Project helping make their programs possible.

Registration for this workshop is \$100

Patron Support is available at the \$200 level with the additional funding going towards scholarships

We are committed to accessibility and sincerely desire for all who wish to attend our workshops to be able to do so, regardless of financial means. Please submit a scholarship request if finances are a barrier to your participation to skyglenn@gmail.com.

Facilitator: Glenn Dickter, Santa Fe, New Mexico

Glenn is a retired small business owner. Glenn was an active board member for Tomorrow's Women (formerly Creativity for Peace) from 2007 through 2012. He now serves on the Emeritus Board. Glenn was introduced to the Compassionate Listening Project in 2007. He is certified as a Compassionate Listening facilitator and as a facilitator for the Alternatives to Violence Project participating in trainings in the New Mexico State Penitentiary. Additionally, Glenn has facilitated or been a participant in hundreds of groups, circles, and dialogue workshops over two decades. He has been involved for over 25 years with The Mankind Project. As a trainer and facilitator, Glenn has brought the principles of Compassionate Listening to many settings in Santa Fe and elsewhere; including faith-based communities, educators, volunteer organizations, men's circles, and the general public.