

Better Health Through Listening

A half-day workshop for leaders and professionals

Listening is the most fundamental component of interpersonal communication skills - and for many of us, it's the most challenging. How you listen has a major impact on your effectiveness in your role and on your ability to successfully build relationships with your team, your peers and your leaders. In this highly interactive workshop, you will learn advanced listening techniques to connect with diverse audiences - even in the most challenging communication scenarios.

You will learn that true listening requires conscious effort and a willful override of your brain's preferred mode of operation. You will have the opportunity to practice and refine your listening skills in small group settings and will receive guidance and detailed feedback.

Session Objectives:

- Understand listening as an interactive, non-passive process
- Sustain interest and mental focus during any communication scenario
- Appreciate different listening styles and techniques to adapt to each

Session Outcomes:

- Demonstrated skill in active, mindful listening practices
- Ability to stay present as a listener in any conversation
- Create an environment that encourages effective communication

Session includes:

- Half-day (3.5 hr) workshop
- Individual activities for self-awareness and reflection
- Group activities in a safe and non-pressure environment
- Additional resources for further education and knowledge