

COMPASSIONATE LISTENING
Healing Our World from the Inside Out

Introductory Training by Jan Hutton
February 11, 2012
9am to 5pm
Farrington Village, Pittsboro

Compassionate Listening is an act of personal, social and spiritual transformation. Strengthen your capacity to connect with the humanity of each person whose path you cross, whether or not you share the same values and behaviors.

Explore the Core practices of "Compassionate Listening,"
www.compassionatelistening.org/

- Humanize and connect with people who "trigger" you
- Shift from reactivity to compassion
- Suspend judgment
- Nurture compassion for yourself and others

Suggested donation is \$35 -\$75, based on your ability to pay (if money is an issue, please talk to me!)
Contact Jan Hutton for information: janhutton@earthlink.net, [919.967.1959](tel:919.967.1959). Contact Education hours for Social Workers will be available.

I'm a member of the Chapel Hill Friends Meeting and am very grateful to have a minute of support from the Meeting for my ministry with The Compassionate Listening Project. Over the last 40 years, I've served as a community organizer, social worker in hospice and hospital settings, meditation teacher, and I hope, a 'kind' person.

<http://www.compassionatelistening.org/calendar/introductory-trainings/2232/pittsboro-nc-jan-hutton-2>