

One-Day Introductory Compassionate Listening Training

Compassionate Listening is a foundational skill-set designed to empower individuals and communities to build powerful cultures of peace.

As peacemakers, we learn to move beyond a mindset that dehumanizes and demonizes the 'other', seeking instead to listen, to feel compassion for, and to see ourselves in the 'other', the 'other' in ourselves. Compassionate Listening is a practice that reaches deep into the heart of discord, teaching people to listen with a different "ear" to those around them.

Come explore these heart-based practices of Compassionate Listening:

- Having compassion for oneself and others
- Suspending judgment
- Maintaining balance in the heat of conflict
- Listening with the heart
- Speaking from the heart with language that reflects a healing intention

One-Day Introductory Compassionate Listening Training

Time: Saturday, September 26, 2009, or October 24, 2009

Location: Chapel Hill Friends Meeting, Chapel Hill, NC

Cost: \$25 - \$75, sliding scale, according to need

(no one will be turned away, however)

Contact Jan Hutton for info and registration

janhutton@earthlink.net, 919-967-1959

THE COMPASSIONATE LISTENING PROJECT

www.compassionatelistening.org

Jan Hutton, MSW, a certified Compassionate Listening facilitator, believes in supporting wholeness in each human being. Over the last 38 years, she has served as a community organizer, social worker in hospice and hospital settings, meditation teacher, and, she hopes, a 'kind' person.