

Thursday
27th Feb 2020

9:30am to 1pm

A Half Day
Workshop

Fee \$75

Learning how to really really really really really really really really really Listen

WORKshops for WORKers
Limited spaces, Small groups

Sharing usable ideas
and practical stuff
you can use to
suck less...

Facilitator
Kevin Healey

Location:
Boardroom, 4th Floor
Inner City FHT
69 Queen St E, Toronto

Register now online:

www.recoverynet.ca

Eventbrite: "Learning How to Listen"

Too often, we regard listening as waiting for an opportunity to interrupt.

Or else as 'active listening': that weirdly fidgety preoccupation of mentally checking off a checklist list of 'shoulds' and 'should nots' – endless mini-tyrannies we can obey - designed to make us believe we look like we're listening.

And, yet...

Q. What does it mean really, really listen?

Q. How does it feel when we do?

Q. How does it feel to be really listened to?

We will share simple ideas that we can use to begin listening more fully.

We will practice grappling with each and we will reflect together on our experiences .

That's it.

And it will be enough: because listening-really listening - is hard work.