

# CARE TO CONNECT

Tips & Tools for Authentic Communication



July 1, 2020

## FROM THE DESK OF

Rebecca Buell, Our Community Listens Executive Director

With so many deep, important, and meaningful discussions going on around us the last several months, we are faced with a decision to speak, listen, argue, rebut, or reinforce actions of others. I am sure we have all been a part of a conversation where we had to simply decide if we would engage or hold our tongues. That process of deciding when and where to delve in, discuss, or take action is where our learning opportunities are focused for July—balancing the space of acceptance or agreement vs. asking the other person to change. Accepting another's point of view, even as it is different from my own vs. agreeing with them and aligning my thoughts to theirs. If you need a boost in those areas, the links below can help.

Organizationally, we've spent the last few months expanding online opportunities for learning and we are excited to announce that our family is growing – exciting additions are coming to Fall 2020. In addition to expanding our audience to include any and all through online learning, we are expanding our content as well. Stay tuned through the summer for exciting announcements on how you can be engaged in the listening revolution while building a more caring community alongside us.

If this newsletter was forwarded to you by family or colleague and you'd like to be added to the mailing list yourself, [click here](#) and we will make sure our August edition comes straight to you!

Learning alongside you,  
Rebecca

## TOOLS FOR COMMUNITY

Universal connection tools for the areas where we work, serve or interact

### WEBINAR: "Can I Accept Your Perspective?"

All of us struggle with acceptance. Often our need for agreement gets in the way of connecting with others, especially when their viewpoint is the opposite of ours. This 90-minute session focuses on the steps to get to empathy, which increases our ability to accept another's mind set. Choose **ONE** of the following three dates:

- o [July 7, 5:30pm-7pm CT](#)
- o [July 9, 10:30am-Noon CT](#)
- o [July 18, 9am-10:30am CT](#)

### WEBINAR: "How to Be a Better Listener"

Perfect for those who've not yet attended our Communication Skills Training, this one-hour class is a primer on empathetic listening. Attendees will discover the impact nonverbal communication has on their message and learn the 5 reflective listening skills.

- o [July 23, 10:30am-11:30am CT](#)

### CONNECTION SESSION:

Join us as we share our challenges in connecting with those in our care. The participants help shape the discussion, based on the needs expressed by the group. Choose **ONE** of the following times:

- o [July 9, Noon-1:30pm CT](#)
- o [July 15, 6:30am-8am CT](#)
- o [July 21, 6:30pm-8pm CT](#)

**CHALLENGE:** What gets in the way of your ability to accept others?

## TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

### WEBINAR: "Listening: Committed Relationships"

- o [July 9, 5:30pm-7pm CT](#)

### WEBINAR: "Logic & Emotion: Parenting"

- o [July 21, 5:30pm-7pm CT](#)

**CHALLENGE:** Learn something new about someone else this month

## ICYMI ON SOCIAL MEDIA



Original posting by Tiny Buddha

Do you have a Social Media post you'd like to share with us? Just tag @OurCommunityListens and include #CareToConnect and we'll find it!

## What's New?

### Webinars:

"Can I Accept Your Perspective?"

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"Listening: Committed Relationships"

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"How to be a Better Listener"

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Logic & Emotion: Parenting"

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## Connection

### Session:

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## Podcast:

["Acceptance vs. Agreement"](#)

## Blog Post:

["Empathy for People Who Suck"](#)

## A Bit of Optimism: Interview with Bob Chapman

Listen to a chat with "Bit of Optimism" host Simon Sinek as he talks with Our Community Listens founder, Bob Chapman, about leadership.

