

FOUNDATIONS OF MINDFUL COMMUNICATION

Communication is the lifeblood of our relationships. The way we communicate and how we deal with conflict can influence the quality of our relationships.

Have you ever felt:

- the pain of a heated argument that didn't end well?
- the cold distance of withdrawal as you tried to avoid the pain of conflict?
- the build-up of resentment from unresolved issues that eats away at your relationship?

When we consider how much time and energy we spend each day communicating through speaking, listening, body language, online, even our inner dialogue; and consider the impacts this has on our relationships, it makes sense to be as skilful as possible.

Mindful Communication begins with knowing our self, our thoughts and our usual habits of communicating. It also involves being present and responding to the other person in an open, non-judgemental way. This takes time and practice to integrate into our lives and relationships, and this workshop will give you the theory and practice to get started.

This interactive workshop is presented by Bronwyn Sach and is based on the work of Marshall Rosenberg (Founder of Nonviolent Communication) and Oren Sofer. The emphasis is on learning through practice, with enough theory to clarify the basic elements of the skills.

In an interactive and supportive learning environment, we will cover the foundations of skilful, compassionate communication, and practice new ways of speaking that emphasise presence, connection, understanding and effective flow of communication, such as:

- the 4 steps of communicating that support connection and collaboration, rather than giving in and compromising, or using punishment/rewards or coercion.
- ways to stay centred and lead with presence even when in a difficult conversation
- listening skills – how to listen so others will speak
- find your voice and express yourself with integrity and care so others will listen
- Increase your inner resources to better handle whatever others and life throws at you.
- Understanding strong emotions such as anger, in your-self and in others.
- Transform judgments into more useful ways of viewing the world and the people around us.

Learning any 'new language' takes practice and time and you are invited to attend the ongoing practice group as often as you can to deepen, strengthen and refine your communication skills.

Bronwyn Sach is a Nationally Accredited Mediator, Communication Group Facilitator and senior student in the Ordinary Mind Zen School.

Online via zoom

2 hours for 4 Saturdays at 3-5pm:

February 6th, 13th, 20th, 27th

Optional Q & A sessions Thursday 6-7pm

Practices to work on through the week

\$100 paid to BSB: 032 085 Account: 498042