



## *Horizons In Learning*

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### **Workshop Description**

#### **Conscious Communication To Connect**

#### **Course Instructor: Constant Hine**

In this workshop we will explore the importance of using conscious intentional communication to ensure respectful relationships. We will examine how to expand and deepen response-able communication beyond the content of the message. We will examine how communication is more than a set of skills.

This workshop provides practical strategies to deepen listening, to speak with heart, to embrace an attitude of inquiry, and to respectfully make requests and give feedback that promote self reflection and expand trust in relationships with others in the workplace.

Learning Objectives: Participants will learn and practice:

- How to deepen and broaden inquiry skills that promote both self reflection and creative problem solving.
- The power of both verbal and nonverbal communication and how to be responsible for communicating clearly and respectfully.
- Practical communication skills to give feedback, make requests and communicate needs in respectful self-responsible ways.