

COMPASSIONATE LISTENING



Healing Our World from the Inside Out

**Become a More Powerful Peacemaker
in Your Family, Community and Workplace**

**Saturday, September 22
9:30 am to 5 pm**

Compassionate Listening is a practice that reaches deep into the heart of discord or disconnection, teaching people to truly listen to others. Its powerful tools help transform the energy of conflict into opportunities for understanding, intimacy, healthy relationships, productive teamwork, and positive action. It provides a roadmap to what sages from all cultures have taught: cultivating the wisdom of the heart is the key to real peace "from the inside out."

This is an experiential workshop with great relevance to all relationships. The skills can be particularly helpful in enabling us to show up with compassion and connect with love, despite differences.

\$85

\$65 early registration (by September 10)
register here:

<https://listeninginananacortes.eventbrite.com>



Andrea Cohen is a communications consultant, project developer, and certified Compassionate Listening facilitator

who has been involved with The Compassionate Listening Project since its inception.

Anacortes Center for Happiness . 619 Commercial - The Ballroom (55 steps up)
anacortescenterforhappiness.org 360.464.2229