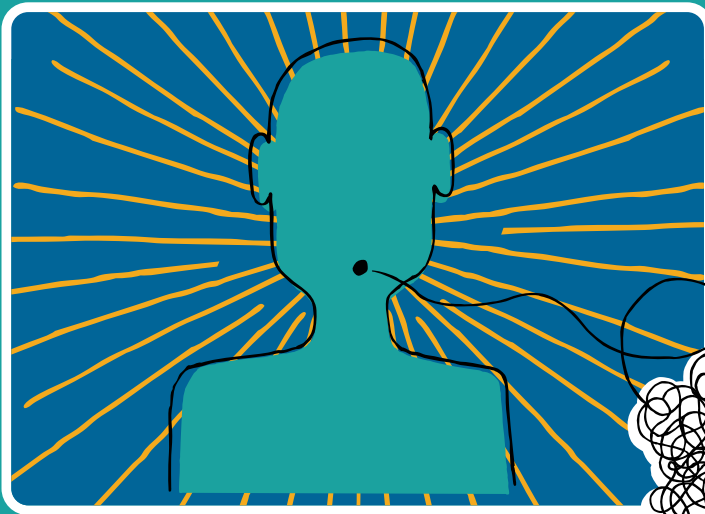


# Art of Listening



## 4-Week Zoom Workshop

**TUESDAY EVENINGS 6:30 to 8:30 p.m., March 23, 30, April 6 and 13.**



Facilitated by **Marci McReynolds, Manager,**  
City of Bellevue Conflict Resolution Center

In partnership with **King County Libraries.**

The art of listening has seldom been more needed than now. The Art of Listening 4-week Zoom Workshop will help you connect with others in a way we all need at this time.


The past year has isolated us. We have also been spent a lot of time together with a limited few. We long for deeper connection, to be heard, to resolve misunderstandings, to see each other anew. Becoming conscious listeners meets this longing.

In this workshop we will learn how to focus and be present while another is talking, to address our listening habits that block effective communication, and learn ways to validate, understand, and connect with others. The skills taught in this class will help us help others not by fixing their problems, but by "returning them to their own wisdom," encouraging them to help themselves. We will also learn the value of silence in a conversation.

This series tends to fill quickly when it is offered. Registration is on a first-come, first-serve basis. To register, please email [mmcreynold@bellevuewa.gov](mailto:mmcreynold@bellevuewa.gov).



kcls.org

 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-2897 (voice) or email [ndaniels@bellevuewa.gov](mailto:ndaniels@bellevuewa.gov). For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.