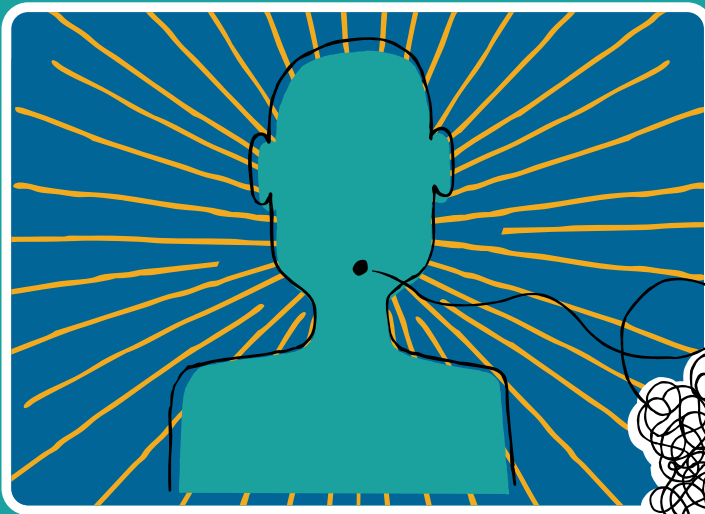


Art of Listening



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 spent time with a limited number of people. We long for deeper connection, to be heard, to resolve misunderstandings, to see each other anew. Becoming conscious listeners can help meet 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.



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. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.