

CARE TO CONNECT

Tips & Tools for Authentic Communication



August 2020

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FROM THE DESK OF

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It seems like in this season we are inundated with choices we've never had to make. Parents are being asked if they want their children in school full-time, if they'd like hybrid learning, or if they choose to keep their children home and as pandemic-safe as possible. With social distancing, mask wearing, and primary and national elections looming, the choice to make weighty personal decisions seems very present. This, plus the decision to engage or not engage in these social debates on-line or in-person, can overwhelm us.

Even outside of the current hotbed topics of the day, personal and professional relationships are full of choice. Hundreds of times each day we get to decide the way we connect in relationship to others.

August at Our Community Listens is focused on the power we each have in choice and how we use that power. We can engage. We can listen. We can confront, empathize, argue, agree, accept, ask for change or walk away. Each of these choices takes a different energy and has a different outcome. If you'd like to be equipped with the tools to be more consciously aware of your Power of Choice, choose to participate in on one of our webinars, skills snippets, podcast, or connection sessions listed below.

And, as always, please forward this newsletter to a friend who might be interested in the offerings.

Choosing daily alongside you,
Rebecca

TOOLS FOR COMMUNITY

Universal connection tools for the areas where we work, serve or interact

WEBINAR: "The Power of Choice"

Through prework and in-class discussion, we will identify our core values and how they shape behavior. We will acknowledge the power of choice as we navigate uncomfortable situations and discuss how these choices help design our best life.

Choose **ONE** of the following three dates:

- o [August 4, 5:30pm-7pm CT](#)
- o [August 6, 10:30am-Noon CT](#)
- o [August 15, 9am-10:30am CT](#)

WEBINAR: "Shared vs. Support Values"

In this webinar we will look at how to identify our core values in life and explore what it looks like when we are in a committed relationship with someone who has different values than ours.

- o [August 13, 5:30pm-7pm CT](#)

SKILL SNIPPET: "Three Moves" [Listen](#) or [Watch](#)

PODCASTS: "[Do I have to accept that?](#)" and "[Acceptance vs. Agreement](#)"

CHALLENGE: What gets in the way of your ability to accept others?

TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

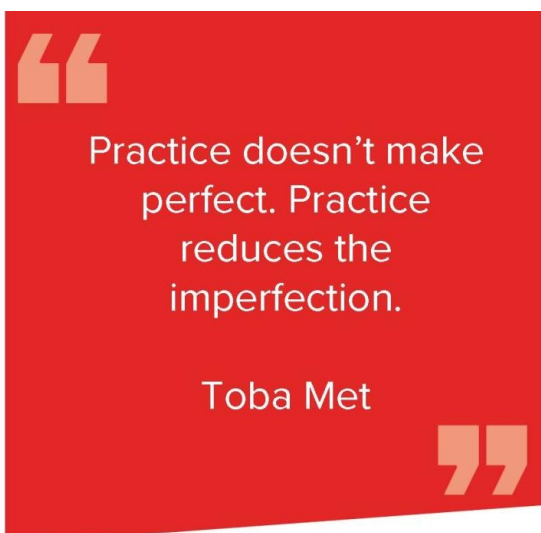
WEBINAR: "Teaching Your Child or Teen the Power of Choice"

- o [August 27, 5:30pm-7pm CT](#)

SKILL SNIPPET: "Teaching the Three Moves to Children" [Listen](#) or [Watch](#)

CHALLENGE: Learn something new about someone else this month.

ICYMI ON SOCIAL MEDIA



Do you have a Social Media post you'd like to share with us? Just tag @OurCommunityListens and include #CareToConnect and we'll find it!

SPOTLIGHT ON: Alumni Engagement

To date, more than 11,000 people have taken our transformative Communication Skills Training. But what happens in the time after the class? How can participants stay connected and strengthen the bonds that were made over the three-day course?

These were the questions Julie Marie Chapman, OCL Chapter Leader for the Carolinas, found herself asking six years ago. Working for a non-profit without a big

What's New?

Webinars:

"The Power of Choice"

- [August 4, 5:30pm-7pm CT](#)
- [August 6, 10:30am-Noon CT](#)
- [August 15, 9am-10:30am CT](#)

"Shared vs. Support Values"

- [August 13, 5:30pm-7pm CT](#)

"How to be a Better Listener"

- [August 20, 10:30am-11:30am CT](#)

"Teaching Your Child or Teen the Power of Choice"

- [August 27, 5:30pm-7pm CT](#)

Coming in September:

"Agreement vs. Acceptance: When Your Child or Teen is 'Wrong'"

"Agreement vs. Acceptance: When Your Partner is 'Wrong'"

And the next in our 8-part Confrontation Series: "Should I Confront"

[Click here for up to date class offerings](#)

Podcast:

["How Listening Skills Can Be Applied to Education"](#)

Blog Post:

["Reciprocal Relationships and How Our Community Listens Can Inspire Youth"](#)

promotional budget, Julie needed to get creative and find ways to leverage the power of her alumni to help.

Thus, the **OCL Carolinas Alumni Advisory Board** was born, and Julie's first task was determining who would serve on it. Her experience as a DiSC facilitator sparked the idea that to get a well-rounded perspective, the board should consist of the people from the four DiSC profiles: D, I, S and C.

"It was the coolest experience because everybody brought a different perspective," explains Julie. "While the 'D' on our board doesn't represent all 'D's,' he does represent the D perspective often, and how they communicate and what interests them, and so on."

Julie tapped alumnus Ellen Stebbins, profile type "I," to guide the mission and vision of the board as director. Ellen believes that for any "volunteer" organization to be successful, it's important to find a group of people committed to the mission of the organization. She, too, felt that representing all the DiSC profiles on the board was important.

"We all think differently and bring vastly different ideas and perspectives to the table," explains Ellen. "This [format] has allowed us to 'speak' to our alumni and be heard."

Ellen also strongly feels that in order for others to be successful at creating similar groups, you need to focus on action, not just words. "Mission and vision are great, but people get involved with MOVEMENTS. They want to be part of a community and be aligned as a united front to make a change."

Some of the successful engagement ideas that have been generated from this group include:

- Breaking into smaller groups based on interest: Business Networking, Marriage, General
- Quarterly social events: Bring a dish to share, BYOB
- Christmas Party / Christmas Caroling
- Monthly zoom educational events

If you are interested in learning more about the Carolina Alumni Advisory Board, you are welcome to contact Julie Marie Chapman, OCL Chapter Leader for the Carolinas, at Julie.Chapman@OurCommunityListens.org or 843-822-6446.

Youth Leadership & Mentoring

[Watch our video](#) to learn about Our Community Listens' partnership with Big Brothers Big Sisters in Michigan and hear how our Communication Skills Training course impacted the student leaders.

