

CARE TO CONNECT

Tips & Tools for Authentic Communication



DECEMBER 2020

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FROM THE DESK OF

Rebecca Buell, Our Community Listens Executive Director

As we finish up our Thanksgiving leftovers and move toward the winter holidays, our team at Our Community Listens continues in the spirit of gratefulness. We celebrate the many lives we touched through our three-day in-person class and our online webinars. And we give thanks for you, the friends, alumni, and collaborators, who have helped spread the message of empathetic listening and authentic connection over the last decade.

There is still more to do, and as we drift into the winter months of pandemic, social distancing, shutdown and stress, we invite you to help. The need for connection is vital and paramount now more than ever. We ask you to reflect on your own OCL experience and consider giving that gift to others. See the [Spotlight](#) article below for more information on how you can get involved.

In this season of celebration, we celebrate the impact you've had in relationships, community, and your own home through applying the tools you've gathered through Our Community Listens. And we celebrate that we can share those same tools with others because of your help.

Sharing alongside you,
Rebecca

TOOLS FOR COMMUNITY

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

WEBINAR: "How to Be a Better Listener"

Perfect for those who have not yet attended our Communication Skills Training, this one-hour class is a primer on empathetic listening.

- [December 8, 10:30am-11:30am CT](#)

WEBINAR: "The Impact of Impact and Recognizing Others"

Why should I care? Sharing the impact of behavior motivates change. Understanding impact advances conversations around conflict. In addition, when people are recognized for their value, they continue behaviors that support growth and development. Join us to reflect on recognition and the impact of behaviors, yours, and others.

Choose **ONE** of the following:

- [December 10, 10:30am-Noon CT](#)
- [December 15, 5:30pm-7pm CT](#)
- [December 19, 9am-10:30am CT](#)

CONNECTION SESSION:

Connect with others as we learn about utilizing communication skills and concepts in every day, real life moments. Sessions are interactive with information and conversation that can be applied immediately. The participants help shape the discussion based on the needs expressed by the group.

Choose **ONE** of the following times:

- [December 17, 10:30am-Noon CT](#)
- [December 22, 5:30pm-7pm CT](#)

SKILL SNIPPET: "Why Does the Impact Matter in an Effective Confrontation Statement?"

Why does it matter? Ever get this response from someone when you point out their behavior? Impact matters, both our impact on others AND our ability to state the impact of their actions. Jill Wright helps us understand how to motivate others to change by providing meaningful impact statements.

[Listen](#) or [Watch](#)

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

CHALLENGE: Think back to a time when you were personally recognized. How did this make you feel?

TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

WEBINAR: "Parenting Together in a Committed Relationship"

Navigating through parenting in a committed relationship can be challenging. In this class we'll learn how to better understand how we often parent in ways that meet our own needs and how to engage in healthy dialogue with our partner.

- [December 3, 6pm-7:30pm CT](#)

SKILL SNIPPETS:

"Courage to be Vulnerable"

Vulnerability—it makes you shudder or shut down just thinking about the courage it takes to be vulnerable with yourself and others. Yet, if we want to grow closer in our relationships, be understood, and create the opportunity to understand others, we must make the commitment to create a space where vulnerability is strengthening not terrifying. Do you have the courage?

[Listen](#) or [Watch](#)

"Move Beyond 'Good Job' & 'Nice Effort' When Encouraging Youth"

Kids want to hear what they are doing well. Giving them praise and recognition in a clear, meaningful format will improve their self-esteem and reinforce positive behaviors. Learn the formula for telling young people what they did well and why it mattered.

[Listen](#) or [Watch](#)

CHALLENGE: Values are at the core of who we are. They shape our attitudes and then, our attitudes inform our tendencies to behave in certain ways. Values are also the lens with which we view the world. Knowing that we are a mixture of many values, begin to consider words that describe your core values.

What's New?

Webinars:

"How to be a Better Listener"

- [December 8, 10:30am-11:30am CT](#)

"The Impact of Impact and Recognizing Others"

- [December 10, 10:30am-Noon CT](#)
- [December 15, 5:30pm-7pm CT](#)
- [December 19, 9am-10:30am CT](#)

"Parenting Together in a Committed Relationship"

- [December 3, 6pm-7:30pm CT](#)

Coming in January:

["The Art of Crafting and Delivering Confrontation Messages"](#)

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

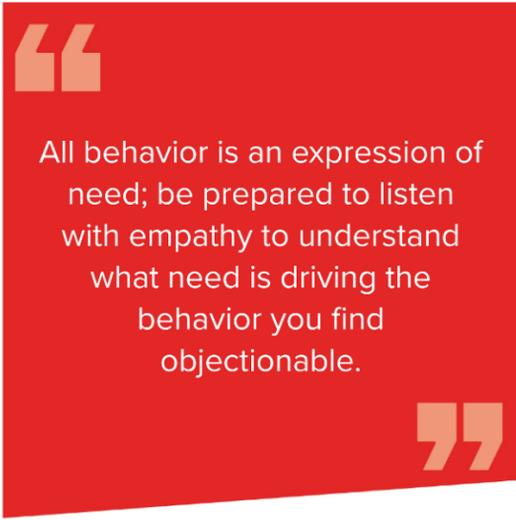
Podcast:

["Why Should I Care: The Impact of Impact and Recognizing Others"](#)

Blog Post:

["More Than Words: Listening Beyond the Tangible to Unveil True Potential"](#)

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: #GivingTuesday Campaign

John from Millington, Tennessee, has had thousands of hours of training to shape him throughout his 33-year military career. Then, in 2019, he was invited to participate in Our Community Listens three-day communication skills training course.

"This training was different," he said. "For the first time the seminar wasn't about making me a better worker, it was about making me a better person. I realized that in 25 years of marriage I had never really taken time to listen to my wife. I realized in decades of leadership I hadn't paused to listen to others. When I understood this, I was broken at all the opportunities I had missed. I can't change the past, but I can make a different choice from today forward."

For 10 years Our Community Listens has equipped individuals with the life-giving tools to truly listen and connect to others. With skills that serve every part of life—home, work, and community—over 11,000 individuals like John have received the gift of learning to genuinely listen to others.

We want more people to have the benefit of our training without geography or income as a barrier, and you can help make that happen.

This month, we are launching our first ever #GivingTuesday campaign to help bring our life-changing communication skills training online.

With your gift, transformational experiences in leadership, authenticity, listening, care and service can expand beyond pocketed communities and be available to people across the nation. With 96% of alumni reporting still using the skills they learn at OCL five years later, this is a great investment in bringing change to our world--truly a gift that keeps on giving.

In this time where there is a crisis of connection, you can equip individuals with the transformative skills that help people know they are not alone.

To contribute, [click here](#).

And if you are unable to help financially, we get it. You can also support OCL by sharing with your family and friends what our mission means to you and why you support our cause. Thank you in advance for helping us grow this movement!

Truly Human Leadership

Donna Hicks, conflict resolution specialist, Harvard Professor and author of *Leading With Dignity*, unpacks many of the issues with dignity and leadership – what dignity really is and how leaders can restore and honor our dignity. Click here for an article by Our Community Listens founder, Bob Chapman, including a link to her insightful podcast, "[Everybody Matters by Donna Hicks](#)"

