

CARE TO CONNECT

Tips & Tools for Authentic Communication



June 9, 2020

FROM THE DESK OF

Rebecca Buell, Our Community Listens Executive Director

Mother Teresa once said, "We suffer because we forget we belong to one another." There is a common connectedness we share, a belonging to one another, and when we strip away what separates us, at the core we share humanity, a need to know and be known, a need for each other.

We are, as a nation, as a world, and as humanity, at this place of being forced to look in the mirror of our own beliefs about others. At Our Community Listens, we imagine a society in which people care for one another first, and we recognize that the change we want to see in the world must first begin in our individual hearts and homes.

The theme for June is Listening, and our learning opportunities this month reflect that skill. Ten years ago our organization was founded with the commitment to listen: listening to understand instead of listening to respond, listening to connect instead of listening to win. These practices are vital for moving our communities and hearts from a place of racial tension or bias to one of shared humanity.

Together we stand against oppression and exclusion. Stand with us, dear friends. Share with us the shifts happening in your hearts, your homes, and the world around you. With inclusion as the lens, let us together envision this world where each person is treated with dignity, honor, and respect.

TOOLS FOR COMMUNITY

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

WEBINAR: "How to be an Awesome Role Model - Even When You Mess Up!"

- o [June 11 from 2:30-4pm Central](#)

WEBINAR: "Reflective Listening: Am I REALLY Listening?"

- o [June 13, 9am – 10:30am Central](#)

WEBINAR: "How to Be a Better Listener"

- o [June 18, 10:30am – 11:30am Central](#)

CONNECTION SESSION:

Join us as we share our challenges in connecting with those in our care. The participants help shape the discussion, based on the needs expressed by the group. Choose **ONE** of the following times:

- o [June 18, 11am – 12:30pm Central](#)
- o [June 23, 6pm – 7:30pm Central](#)
- o [June 30, 6:30am – 8am Central](#)

MINI-REFRESHER: Reflective Listening – [Listen](#) or [Watch](#)

PODCAST: [The Five Reflective Listening Skills](#)

CHALLENGE: Reflect and consider...Who am I most frequently 'tuning out'? How is this impacting our relationship?

TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

WEBINAR: "Effective Confrontation with Kids & Teens"

- o [June 25 from 5:30pm – 7pm Central](#)

MINI-REFRESHER: Reflective Listening While Parenting – [Listen](#) or [Watch](#)

PODCAST: ["Reflective Listening – Listening Because You Care"](#)

CHALLENGE: Who needs my empathy today?

ICYMI ON SOCIAL MEDIA



Original posting by Aspen Police Department

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!

What's New?

Webinars:

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Podcast:

["How Communication Skills Benefit Youth"](#)

Blog Post:

["When the World is Unfathomable, Seek to Understand"](#)

THOUGHTS ON LISTENING FROM OUR FOUNDER

"Listening is the most important thing we, as humans, can do for one another. It shows empathy, it shows you care, and most importantly, it shows the person you are listening to that they matter."

Read more in a new [#TrulyHumanLeadership blog post](#) by Bob Chapman

