

# CARE TO CONNECT

I AM THE MESSAGE: Authentic communication starts with you



May 12, 2020

## FROM THE DESK OF

**Rebecca Buell Emerson, Executive Director**

Ever talk with people and not quite connect? I mean, you're saying something, they're saying something, but the interaction is full of misunderstanding, missing shared meaning, and if we're honest, each person is trying to "win" the interaction.

Connection is vital to understanding and empathy. Even so, it's easy to get wrapped up in our own viewpoints, making it hard to meaningfully connect. That's why we're here. Because we imagine a society where people care for each other first, Our Community Listens works to equip people with the tools for authentic connection.

That's why we're excited to announce and share with you our expanded programming — opportunities for you, our alumni, and your friends, colleagues, and family members who haven't connected with us yet — to fill your "tool box" with what is needed for authentic connection. Our newsletters will include:

- **Tools for Community:** Universal connection tools where we work, serve and interact.
- **Tools for Home:** Resources for parenting, education, family, and committed relationships.

Each month, these tools will have a different theme. **May is focused on Logic & Emotion**, so the monthly "Toolbox" includes tips for balancing logic and emotion in your community and in your home.

Log in, sign up, share a link and attend with a friend. In trying times like these, it is easy for Logic & Emotion to get out of balance, and it is more important than ever for us to have empathy and care. We're all in this together!

## NEED A REFRESHER?

Do you have 5 minutes? Want to invest in yourself and your relationships? Join us as we review our core class skills in five minutes or less. These "Mini Refreshers" are available in both podcast and video formats.

- [Podcast Mini-Refresher series](#)
- [Video Mini-Refresher series](#)

## 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"

Join us to discuss what it means to be a role model and how to navigate relationships when your behavior isn't the model you intend.

- [May 19, 10:30am – Noon CDT](#)

### WEBINAR: "Logic & Emotion: Recognizing When You are Out of Balance"

Join us for a deeper discussion around the balance between our logic and our emotion, its impact on growth, what we do for others when we listen, and what if I am the one with the problem? How do I help myself?

- [May 21st, 10:30 AM CST](#) - OR - [May 26th, 6:30 PM CST](#)

**CHALLENGE:** When you are out of balance, start to pay attention to your feelings, your trigger, and your reaction to that situation. What is happening for you?

## TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

### WEBINAR: "Logic & Emotion and Parenting"

What is happening in our households during the crisis? Let's talk about the balance of logic and emotion in the brains of our children and how we can use listening to help them have balance.

- [May 28th, 5:30 – 7pm CST](#)

**MINI-REFRESHER:** Understanding Logic & Emotion in Children

- [Podcast](#)
- [Video](#)

### WEBINAR: "Leading at Home During Uncertain Times"

Your world has just been flipped upside down – your family is together 24/7 and your spouse is now your co-worker. In this pre-recorded webinar we discuss what drives behavior and how to strengthen our relationships without losing patience and arguing.

- [Pre-recorded webinar: listen at your leisure](#)

**MINI-REFRESHER:** Parenting with Children 0-3 Years Old

- [Podcast](#)
- [Video](#)

**CHALLENGE:** The next time a family member is experiencing high emotion, be fully present and try a reflective response.

## What's New?

### Webinars:

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

- [May 19, 10:30am – Noon CDT](#)

"Logic and Emotion: Recognizing When We Are Out of Balance"

- [May 21, 10:30am – Noon CDT](#)
- [May 26, 6:30 – 8pm CDT](#)

"Logic & Emotion and Parenting"

- [May 28th, 5:30 – 7pm CDT](#)

"Leading at Home During Uncertain Times"

- [Pre-recorded webinar](#)

### Podcast:

["Handling Change"](#)

### Blog Post:

["The Ripple Effect of Listening"](#)

## ARE YOU UP FOR A CHALLENGE?

Each month we will pose challenge questions to put your skills into action. These challenges give you a chance to dig deeper and think about how you can use those skills in your everyday life.

## ICYMI ON SOCIAL MEDIA

Nothing is more important than  
**EMPATHY**  
for another human being's suffering. Nothing—not career, not wealth, not intelligence, certainly not status. We have to feel for one another if we're going to survive with dignity.

AUDREY HEPBURN



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

