

# CARE TO CONNECT

Tips & Tools for Authentic Communication



May 27, 2020

## FROM THE DESK OF

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June is Reflective Listening month at Our Community Listens, and we want to listen to you! In addition to providing webinars, refresher sessions, and podcasts, we are continually developing new ways to equip communities with tools for authentic, caring communication. Your feedback is needed to help us do that.

Recently you received an email asking you to complete a survey about your three-day communication skills experience with Our Community Listens. This is your chance to share your ideas about how OCL programming best served you and how it can best serve others. If you've already completed the survey, THANK YOU! If you've not completed it yet, there's still time. Look in your inbox for an email from Monique Murray at Cygnus (murraym@cygnusc.com) which contains a unique link to access the CST Personal Impact Survey. The deadline for responses is June 5.

Meanwhile, we hope you spend the first days of summer reflecting with those closest to you. Stop, pause, hear them, and reflect on all that they have to say. It is a powerful thing to listen to understand, and a treasure to be heard. Check out the resources below and share them with a friend!

## TOOLS FOR COMMUNITY

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

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

Choose **ONE** of the following times:

- o [June 2, 5:30pm-7pm Central](#)
- o [June 4, 10:30am – Noon Central](#)
- o [June 13, 9am – 10:30am Central](#)

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

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

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

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

**CHALLENGE:** Set aside time this week to reflectively listen to someone in your span of care. Focus on one skill that you need to improve the most.

## TOOLS FOR HOME

Resources for parenting, education, family, committed relationships

**WEBINAR:** "When Confrontation Becomes Gridlock" (Relationship Focused)

- o [June 4 from 6pm – 7:30pm Central](#)

**WEBINAR:** "Effective Confrontation with Kids & Teens"

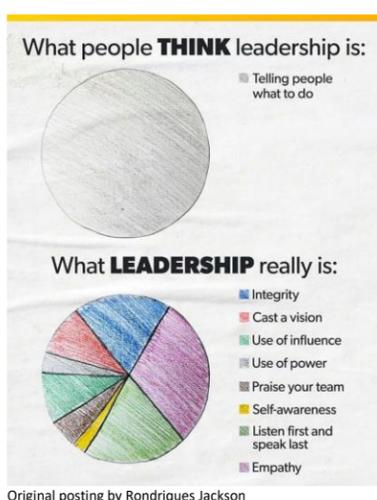
- o [June 25 from 5:30pm – 7pm Central](#)

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

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

**CHALLENGE:** Reflect on the importance of reflective listening and the role it plays in effective confrontation. Practice your listening skills the next time you need to have a confrontation with your significant other or child.

## ICYMI ON SOCIAL MEDIA



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!

## What's New?

### Webinars:

"Reflective Listening: Am I REALLY Listening?"

Choose one:

- [June 2, 5:30pm-7pm CT](#)
- [June 4, 10:30am-Noon CT](#)
- [June 13, 9am-10:30am CT](#)

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

- [June 11, 2:30pm-4 pm CT](#)

"When Confrontation Becomes Gridlock"

- [June 4, 6pm-7:30pm CT](#)

"How to be a Better Listener"

- [June 18, 10:30am-11:30am CT](#)

"Effective Confrontation with Kids & Teens"

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

### Connection Session:

Choose one:

- [June 18, 11am-12:30 CT](#)
- OR--
- [June 23, 6pm-7:30pm CT](#)

### Podcast:

["Logic & Emotion Inside the Home"](#)

### Blog Post:

["Chemistry, Choosing Words and Cheesesteak"](#)

## 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.

