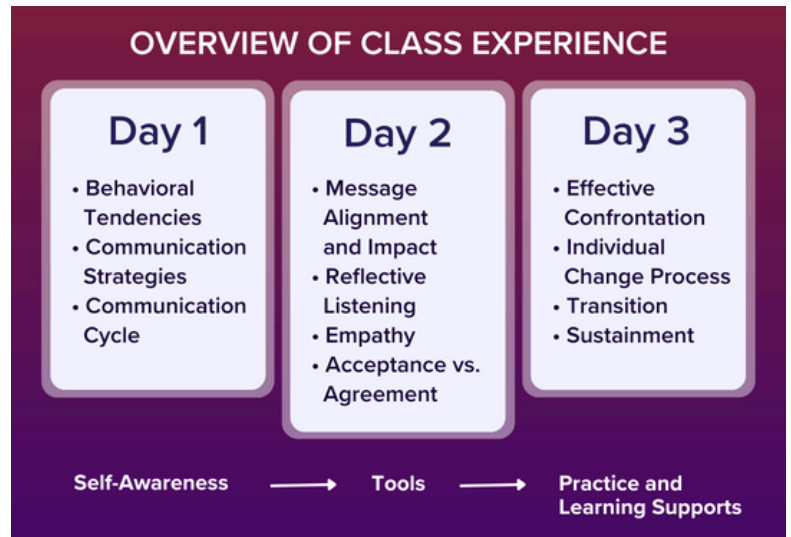


# Our Community **LISTENS**

Our Community Listens is the first foundational class, designed to help participants learn to listen effectively, express themselves clearly, and build better relationships. These skills are essential for success in both personal and professional contexts. Our Community Listens provides opportunities for self-reflection, personal practice, and tangible takeaways to bring back to your organization to better team member interpersonal communication.

## What You'll Learn

- Understand your unique communication profile
- Learn about core behavioral tendencies
- Discover how to flex your communication for the comfort of others
- Appreciate the diverse contributions others bring to our lives and leadership
- Express yourself more clearly and effectively
- Skills to resolve conflict
- Improve self-awareness
- Comprehend what motivates your team members
- Experience how listening empowers people to help themselves, improve relationships, and increase the opportunity for personal and team achievement
- Learn the common misgivings about confrontation and power and receive a practical method to positively and respectfully confront others to create change
- Connect the principles and practices learned in class to your life and leadership to reset relational defaults, and learn how to leverage the most value out of the Continuous Learning process after the classroom experience ends



## Why You'll Learn It

Taking this class will equip you with practical communication and leadership skills to build stronger relationships, resolve conflicts effectively, and enhance team engagement. You will gain self-awareness, understand behavioral tendencies, and learn how to adapt your communication to foster trust and collaboration. By applying these principles, you will improve both personal and professional interactions, creating lasting impact in your leadership and everyday life.

## What You Can Expect

Participants will receive a customized eight-part DISC profile and valuable insight from trained facilitators in a small class environment. Learn, reflect, and practice new techniques over three days in person or seven weeks virtually. This class is designed for deep engagement and practical application.

