

# Mindfully Communicating Through Difference



This interactive class teaches you how to use mindful awareness to effectively and peacefully communicate through divisive differences. You will learn practical mindfulness techniques to listen deeply, develop compassionate understanding, and speak your truth in love so that we can all be heard.

## Session 1: They are not the enemy

- Setting our intention
- Dropping the fight
- Expanding the tribe

## Session 2: Creating safety and stability

- Taking care of our internal state
- Identifying our core values and needs
- Understanding threat

## Session 3: Softening your hard edges

- Understanding our story, perspective, beliefs, and biases
- Opening our hearts and minds

## Session 4: Know your limits and triggers

- Listening to the body and the mind
- Identifying heightened emotional states
- Taking a pause

## Session 5: Deep Listening

- Listen to the heart
- Become curious
- Provide peace and compassion

## Session 6: Mindful Speech

- Speak out of love
- It's only our experience
- Sharing from the heart
- Working together