Listening & Speaking from the Heart

Workshop Offering with Elizabeth R. Shoop

Improve your communication and connection through utilizing the intelligence of your heart in combination with reflective listening skills.

Date: Saturday June 2, 2018
Time: 10:00 a.m. - 5:00 p.m.
Location: Resonate Health Center
5236 Dawes Avenue, Alexandria, Virginia
Cost: $140
   $125 if you sign up before May 20

Register online: https://elizabethrshoop.as.me/Listeningfromtheheart
or call (703) 501-8175

So often we find that we are not communicating well with others. We feel misunderstood or we get caught up in assumptions and old habits. Listening from the heart is a practice that enables us not only to hear what people are saying to us more clearly, but it creates a deeper connection with that person, facilitating an understanding that goes beyond their words and into the underlying needs that they are trying to convey. We want to meet people where they are so that they feel seen, heard and understood.

To speak from the heart is to be more grounded in our own truth and intention. We become more honest with ourselves and with others. This allows others to perceive our meanings and to respond more deeply to us, understanding our intentions with more ease. In this daylong workshop, I will help you to practice accessing your heart and sharing it with others. This practice can bring you closer and create more peace with your loved-ones, clients, and co-workers.