

Mindful Communication

How to speak your mind fully

Mindfulness is the essential basis for good communication because when you are mindful you speak with your 'true voice'. Mindfulness keeps you grounded, and in charge of what you want to say. With mindfulness, you have the ability to look below the surface, and speak your message with real emotional intelligence – aware of yourself, and of the ways your words are likely to land.

Mindfulness also teaches us to listen. When you practise Mindfulness meditation, you foster a gentle listening quality inside you. Yes, it's about listening yourself and your own inner voices – but that is how you learn to listen more resourcefully to others. You hear what lies beneath thoughts and words. You discover that words hold more than words can say.

So applying mindfulness to a conversation is about taking in what people say in new ways, and responding without judgement or reactivity, in ever calmer, more creative ways – whatever is thrown at you.

*'Experience is a myriad richness.
We think more than we can say.
We feel more than we can think.
We live more than we can feel.
And there is much more still.'*

Eugene Gendlin (Founder of Focusing –
a mindfulness meditation practiced in pairs)

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Course Aims

For people new to mindfulness,
or with some experience.

If you are in a stressful role at home or at work, dealing with difficult situations or 'difficult people', this course will bring you added resilience and creativity. It combines the deep experiential benefits of mindfulness with the radical and transformative methods of other mindful approaches to communication and emotional awareness.

Seven steps to mindful communication:

1. Say ummm....
2. Look below the surface
3. Breathe into the hard parts
4. Find your gold
5. Start with simple truths
6. Give reasons people want to hear
7. Offer limitless freedom

More about mindful communication

Looking below the surface, we discover that every thing we say includes a request of the people we say it to. Even when we are not asking for a particular response, we are asking other people to understand and take in what we say – otherwise, we would not be saying it. This mindfulness course explores how to make a request of any kind, so that other people are most likely to listen, and to respond from their best to your best.

Course components

This course is in two halves: Speaking and Listening. It can be taught to people new to mindfulness, or to those already practicing mindfulness meditation.

1. Speaking your mind fully

The course explores how to:

- Pause mindfully, and make the most of silence
- Ground yourself with mindfulness meditation
- Use your expanded awareness to recognize more choices
- Look below the surface to discover your gold
- Make your words honest and truthful
- Speak words that other people want to hear
- Frame a request that keeps other people in mind, without losing your own integrity

2. Listening with full attention:

The course explores how to:

- Embody gentle yet insightful listening qualities
- Understand and transform negative judgements
- Breathe into difficulty
- Listen below the surface
- Become a safe place for other people to speak their truths
- Create clarity from confusion
- Understand others, and let them know this (without telepathy!)

Approach and Methods

The day includes many mini-meditations and mindfulness exercises, which build up participant's experience and understanding cumulatively. We learn how to practice mindfulness in pairs – a method which brings insights, subtlety and depth. Other interactive exercises, discussions and personal reflection keep the discoveries alive and natural. Participants explore issues that are current for them in a supportive environment – a process that can be both challenging and illuminating.

Central Models

Dr Elizabeth English specializes in the emotional and relational aspects of mindfulness. Drawing on nearly 35 years of her own mindfulness practice, she now teaches mindfulness at Cambridge University. She uniquely combines mindfulness with Focusing and Nonviolent Communication™ (NVC). Internationally certified in all three approaches, she offers a broad range of powerful methods for developing emotional awareness and empathy.

'This course works on the deep and basic level of how people think and react ... rather than providing superficial techniques that are easily forgotten.'
Publishing Director, Cambridge University Press

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