Hi {FIRST_NAME|Friend},

Have you ever been listened to? I mean really listened to?

Being able to just speak, uninterrupted and without judgment can be freeing and healing. With this idea in mind, we’ve partnered with the Luna Jimenez Institute for Social Transformation to bring Constructivist Listening to the Gorge.

In Constructivist Listening, you’re paired with another person and each take a turn talking about a given topic. When it’s your turn to listen, you do just that. Listeners provide no feedback to the speaker, they’re simply providing a safe and confidential space in which the speaker can share openly.

The self-exploration and freedom that comes from two, five, or even twenty minutes of uninterrupted speaking time is incredible and healing. Your mind has a chance to wander, bringing to light past experiences you may have forgotten, thoughts you’d never considered, and so much more.

This practice of listening to learn and speaking to heal is based in equity, so it’s no wonder Constructivist Listening has become the foundation of many of our Consulting Services trainings and workshops. Equity is what we’re all about!

Sincerely,

Janet L. Hamada, MSW
Executive Director

P.S. Interested in trying Constructivist Listening? Register today for a virtual workshop on October 27th, November 12th, December 2nd, or December 15th.

Save the Date

Virtual Stories of Hope
October 22nd-25th

Hear powerful stories of resilience during the time of COVID-19 and learn how you can make an impact.

More details to come.