



An Effective Listening Workshop to Communicate, Reflect, and Empower

Our Focus

Listen Up focuses on the skills needed to rise above the chatter to become an intentional leader and listener.

Workshop participants will be empowered to strengthen relationships, increase productivity, and optimize organizational performance with tools to help improve listening, increase connection, and resolve conflict.

The workshop includes:

- Welcome
- Icebreaker
- Whiteboard session
- Exploring communication channels
- Breathing exercises
- Effective listening
- Conflict resolution
- Action planning

Our Approach



Skills & Knowledge

Listening to understand, increasing connection, resolving conflict, and improving communication



Critical Thinking

Exploring how mindset, language, and communication channels effect listening and understanding



Interaction

Engaging in teamwork, coaching, and interactive exercises to empower teams and individuals to build stronger relationships within their circle of influence



Commitment

Creating an action plan for applying workshop knowledge and skills