



Expand your skills, invest in your team!

Conscious Communication

Date & Time: April 7, 2021 at 10:30am to 12:00pm **Cost:** \$80

Location: Virtual/Zoom

Description: One of the skills which serves us most in our work as leaders is the ability to listen not just to ourselves, but to others. So much conflict is caused because of a lack of understanding, an unwillingness to listen to the other, and being driven by one's own need to be heard and right. We spend much of our time thinking about what we want to say next rather than being present and hearing what the other is saying. Or we try to convince the other of blame instead of solving problems together. Self-awareness and mindfulness enable more effective communication with your team, colleagues and community. This workshop incorporates a range of evidence-based tools for conscious communications with opportunities for experiential engagement including:

- Deep listening and how to support self-sufficiency in problem-solving with individuals and groups
- Developing compassion and diffusing conflict through conscious conflict resolution
- Using mindfulness for cultivating presence and active listening for emotional support in relationships
- Mindfulness for power and calm in public speaking and leadership

To register go to sou.edu/professional

About the Presenter: Gretchen Ki Steidle is the founder and President of Global Grassroots, which operates a mindfulness-based social venture incubator and women's leadership program in post-conflict East Africa. She is also the founder of Circles for Conscious Change, LLC, a transformative education-based organization working with social entrepreneurs, non-profits, and corporations on the use of mindfulness as a design tool for social innovation. She is author of the book *Leading from Within: Conscious Social Change and Mindfulness for Social Innovation* (2017 MIT Press). Gretchen is also a producer of the documentary film, *The Devil Came on Horseback*, and co-author of the memoir, *The Devil Came on Horseback: Bearing Witness to the Genocide in Darfur*, (2007 PublicAffairs). She holds an MBA from the Tuck School of Business at Dartmouth College and a BA in Foreign Affairs from the University of Virginia. She is a certified Integrative Breathwork Practitioner and Coherent Breathwork (Breath-Body-Mind™) Practitioner. In 2007, Gretchen was





Expand your skills, invest in your team!

honored by World Business Magazine and Shell as one of the top International 35 Women Under 35. In 2018 she was named to Inc.'s Top 100 Leadership Speakers.

