



## Say What You Mean: 8-week Online Course (part 1)

### Course Syllabus

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#### **Session 1. October 19, 2023 – The First Foundation: Presence**

Mindful presence as the foundation for effective communication.

#### **Session 2. October 26, 2023 – Relational Awareness**

Deepening presence, exploring relational awareness, power, and privilege.

#### **Session 3. November 2, 2023 – The Second Foundation: The Power of Intention**

Habitual conflict conditioning, the role of intention and the difference between intent and impact.

#### **Session 4. November 9, 2023 – The Basic Building Block of Communication**

Listening as the conduit of understanding and strengthening innate empathy.

#### **Session 5. November 16, 2023 – The Third Foundation: Training Attention**

Exploring the transformative view at the heart of Nonviolent Communication.

*\* No class Thursday, November 23 \**

#### **Session 6. November 30, 2023 – Handling Your Emotions**

Key understandings to disentangle the blame game and take responsibility for your feelings.

#### **Session 7. December 7, 2023 – Healing, Resilience, and Self-empathy**

Strengthening the inner foundation of resilience and wellbeing in relationship.

#### **Session 8. December 14, 2023 – Speaking your Truth with Love: Self-Expression**

Foundational principles for self-expression.

**Join us for Parts 2 and 3!**

*\* Register for a bundle now and save up to \$250 \**

**Part 2: January 18 – March 14, 2024**

**Part 3: April 4 – May 30, 2024**

Registration for Part 2 opens December 1

Registration for Part 3 opens March 1