



Sisters of St. Joseph
Consultant Services

An invitation from Sr. Elizabeth M. Reis

The SSJ Consultant Services will be offering a Listening seminar this March and April for those interested in learning both the skill of active, compassionate listening and about a new teaching manual I have written called **The Gift of a Listening Heart**. This invitation is being sent to the participants of the following sponsoring ministries and any of your family and friends.

Grace for the Wounded
Kelly Network
SSJ Consultant Services

If you are ready to be a safe and non-judgmental listener and would like to meet others who can be listeners for you, this invitation and information is important:

Seminar name: The Art of Listening
Presenter: Dr. Elizabeth M. Reis, SSJ
Place: St. Ambrose Education Center, Parchment

Cost: The best donation you can offer to help cover costs of mailing, materials, expenses and the ministries sponsoring the seminar
(The usual cost is \$100 per weekend per student)

Dates:

Week #1	Friday, March 26, 2010	(6 pm - 9 pm)
	Sat. March 27,	(9 am - 6 pm)
Week #2	Friday, April 9, 2010	(6 pm - 9 pm)
	Sat. April 10	(9 am - 6 pm)

There are three requirements for your attendance:

1. The best financial donation you can offer
2. Total attendance at all sessions ... both weekends
3. Willingness to be taped for the internet as a class offering and review

I have included a description of the seminar on the back of this letter. If you want more information, or would like to register, please send us the following for further information.

Name
Address
Phone / email

Much love and blessings for future adventures in growth, (Feb. 14, 2010)

P.O.Box ²⁴~~124~~, Nazareth, MI 49074-0124
(616) 381-6290, ext. 263
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THE ART OF LISTENING: The Foundation of Communication Skills

THE FOUNDATION OF COMMUNICATION

IS

THE ART OF LISTENING

Anyone can become a better listener and knower.

This workshop will help you:

- ✓ Discover how well you really listen
- ✓ Create an atmosphere for skilled listening and learning
- ✓ Learn new ways to enhance your listening/learning ability
- ✓ Deepen your understanding of yourself and others
- ✓ Process information in a cooperative setting

Process

The instructor is the "speaker/knower."
The participants are "listeners/learners."

By means of both large and small groups, participants will learn how to listen by processing information in a cooperative setting. The workshop is experiential; therefore, notes, tape-recorder, and questions are unnecessary. Through sensitive understanding skills, new ways of learning and belonging will unfold.

A 24-hour seminar

I. The Non-Abrasive Way to Relate

Aim:

- To establish an atmosphere for learning/listening.
- To discuss the dynamics in any communication situation.
- To discuss "counseling" as a listening situation.
- To reflect on possible barriers and ways to overcome them.
- To learn and practice some skills of listening.

II. Understanding as a Way of Life

Aim:

- To stress the need for creative, active listening:
 - physically, mentally,
 - spiritually, emotionally.
- To investigate various dynamics in communication:
 - belief systems
 - power vs. community
 - unconscious blocks
 - non-verbal messages

III. Non-Defensive Listening

Aim:

- To discuss other methods of communication: information/options guidance/challenge discussion/exchange
- To investigate the effects of power and control
- To discuss difficulties involved in:
 - a defensive setting
 - a non-objective listener
 - a personal relationship
- To practice non-defensive response.

Leader

The Art of Listening will be led by Dr. Elizabeth Reis, S.S.J., who has taught listening skills since 1971. She is also an accomplished practitioner of the art.

As a professional educator for over 35 years, Elizabeth has developed a personal style which is enthusiastic and challenging as she creates a learning atmosphere for deep and lasting results.

In addition to providing the Center workshop series of self-help topics and Bible studies, Elizabeth is an international lecturer, counselor, author and consultant for the Sisters of St. Joseph, Nazareth, Michigan. Her interesting background includes working with renowned psychologist, Charles A. Curran, from 1971-75 in the Counsel-Learning Institute, Windsor, Ontario. Elizabeth holds a masters degree in Religious Studies from the University of Detroit and a Doctorate in Pastoral Counseling from the Graduate Theological Foundation.

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