

Circles of Resilience

A Training In Online Facilitation

Communication, Connection, and Stress Reduction

Zoom

Dates and time:

4 Saturdays: Nov. 7, 14, 21 & Dec. 5

11.00am-12.30pm Pacific Time

Good time for Europe!

Cost: Priceless Pricing!

For registration & information contact:
circlesofresilience@gmail.com



"With just a little effort you can bring people from around the world together."

"I learned how to listen with my whole being without judgement."

"This is a wonderful way to engage and share stories with complete strangers and end up feeling like you've always known them."

We are excited to offer a 6-hour training, held over four weeks (90 minutes per session plus 40 minutes of HomePlay), to those who would like to facilitate on-line circles with family, friends, colleagues and clients.

Where there is a need, there is an opportunity. Heart connection with others is itself a resource of resilience. Video connection provides the intonation and facial cues that words and emojis in emails or texts cannot. We are not just exchanging content, we are exchanging cues. We are reaching into the 'other's' nervous system to say, "I'm here. I'm present with you. I am listening."

- **Build and enhance relationships in families, schools, businesses and communities.**
 - **Experience grounding, resilience and communication practices.**
 - **Practice facilitating in Zoom virtual space making use of breakout rooms and whiteboards.**
- **Explore the questions we are living now in this time of global pandemic.**
- **Engage in home practice with other participants to develop your skills.**



Leon Berg is a founding member of the Ojai Foundation (www.ojaifoundation.org), an educational sanctuary in Southern California. He is a Senior Trainer of the Way of Council, and has been facilitating Council groups in the U.S. and abroad for over 25 years. Together with his partner, Glori Zeltzer, he teaches the *Art of Intimate Conversation* to couples (www.tools-for-togetherness.com).



Lori Austein is a Trainer in the Way of Council, and has been facilitating Council groups in the U.S. and Canada for over 20 years. She was a co-coordinator of the Palms Council Project, a school based council program before moving to B.C. Since then she has served on circles to advance the practice of Council and currently sits on the Trainer's Mentoring Circle which shepherds the path and the people seeking to become facilitators and trainers.