

THE CENTER OF PEACE
presents

A Mindful Listening Workshop



Join us for an evening of deep connection and presence. This workshop explores the art of truly hearing others and ourselves through guided exercises, reflection, and community dialogue.

WORKSHOP OVERVIEW

Learn ways of listening without judgment, criticism, or interruption, while being aware of internal thoughts and reactions that may get in the way of how others effectively communicate with you.

EVENT DETAILS

Wednesday, June 30, 2026

6:30 PM - 9:30 PM Eastern Time

5:30 PM - 8:30 PM Central Time

INVESTMENT

\$25 Members

\$30 Non-Members

REGISTER

Registration opens 6/01/2026

<https://www.humanpotentialcenter.org/Calendars/June26Calendar.html>

Registration cutoff: June 26, 2026

FACILITATORS

Aliyma A. Boyd, RScP

Sandra Forrest, RScP

Marilyn Watkins, RScP

Patricia Watson, RScP Emeritus

WORKSHOP PILLARS



HONOR

Every
individual



UNDERSTAND

How listening
can heal



BECOME

Aware when
listening



FOCUS

On building
resilience



LISTEN

With empathy
and trust