



Ku'ikahi Mediation Center
Finding Solutions, Growing Peace



BROWN BAG LUNCH SERIES

TOPIC

**Mastering
the Challenges of Listening**

SPEAKER

Catherine Lampton
Mediator, Facilitator, Trainer

WHEN **August 17, 2017**
Third Thursday from 12:00^{pm} to 1:00^{pm}

WHERE **Office of the Prosecuting Attorney**
655 Kilauea Avenue, Hilo HI 96720



"Listening is one of the most misunderstood and complex phenomena in the human body. Most people think listening and hearing are the same, but they are not," says Catherine. "Discover your 'Listening Gap' and how you can use it to improve your relationships and significantly reduce conflict in your life." In this talk, if you dare, accept the 'Listening Challenge' that Catherine designed especially to improve listening skills.

Catherine Lampton, M.A., is currently researching her dissertation, More Listening = Less Conflict. She says if we understood more about listening, we would be better able to work toward creating more peace in our homes, communities, and the world. She is a mentor mediator with Ku'ikahi Mediation Center and has been co-leading and co-designing their Basic Mediation Training since 2006.

For info, contact Program Coordinator Al-Qawi Majidah:



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