



# Faith, Grace & Tough Talks

## *Next Level Communication Skills & the Power of Listening*

### What to expect

Join us this summer as we explore ways to cultivate curiosity, self-awareness, deep listening and improve our communication, ultimately enhancing our capacity to handle conflict and contentious conversations. Together we will unpack why these conflicts and conversations can be so hard and learn new tools and skills that will help them become more productive.

### Program Components:

- June 4 & 5, 2025
- June, July, August
- July 2 & August 6, 2025
- September 10-11, 2025
- On your own schedule

**Welcome & Skills Workshop** (In-person at Lakeside)

**1x 1-hour Coaching Session** (Virtual)

**2x 90-minute Skill Trainings** (Virtual)

**Skills Workshop & Wrap Up** (In-person at Lakeside)

**Optional Spiritual Direction** (In-person and Virtual)

### Program Cost: \$500

Includes lodging and meals for in-person workshops



#### **Elise Willeau (Facilitator)**

Harvard-certified Mediator, and International Conflict Management Professional



#### **Sherry Krieger (Facilitator)**

MTS, MSSA, ELCA Deacon, NWOS Assistant to the Bishop for Strengthening Parishes & Synod Development, 34 years practicing Licensed Social Worker



#### **Jean Wise (Spiritual Director)**

ELCA Deacon, Synod Authorized Minister, Author of *Creating of Rule of Life*



Scan code to register