

ZOOM TRAINING BY TRUE LISTENING



The Foundation course is a prerequisite to the other four offerings

Abilities Member Rate : \$50

Non-Member Rate: \$65

“FOUNDATION”

This session lays the groundwork for understanding what true person-centeredness is. Learners will develop foundational thinking up which subsequent sessions are based. Discussion topics in this training include:

- What is true person-centeredness?
- Manitoba’s journey to person-centered approaches – A brief history
- What does it mean to be human? Humanistic psychology explored.
- Person-Centered Approach in practice.

OPTION 1  Monday, March 20  9AM - 12PM

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OPTION 2  Monday, March 21  9AM - 12PM

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“UNCONDITIONAL POSITIVE REGARD”

This session teaches us how to recognize the inherent and infinite worth of each person. Learners will engage in exercises and discussions about how all behaviour is simply a person’s best effort to move towards the good things that really matter to them. Discussion topics in this training include:

- What is unconditional positive regard? What are its benefits to how we do our work?
- “Bad” behaviour vs “good” behaviours and other labels we use.
- Values, judgement and reward & punishment

 Monday, March 27

 9AM - 12PM

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“EMPATHY”

This session teaches us how to listen and understand before we act. Until we understand what it really feels like to be the other, we are helping in a room without light, not able to see what we are doing. Discussion topics in this training include:

- The relationship between empathy and connection
- Empathetic listening -definition and techniques
- A shift – Acting from your ideas vs acting from caring

 Monday, April 3

 9AM - 12PM

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“CONGRUENCE”

This session teaches us how to speak with truth, humility and vulnerability. Being your best self; true to you, true to the other, and true to the connection you share. Discussion topics in this training include:

-What is congruence? What is co-regulation?

-The importance of expressing feelings and listening to the body

The relationship between boundaries and congruence – Shifting our values



Tuesday, April 11



9AM - 12PM

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“MINDFULNESS & THE CO-REGULATING RELATIONSHIP”

This session teaches us the importance of mindfulness and shows how it promotes change. Learn about “co-regulating” and learn how being mindful helps you co-regulate with the person you are supporting. Discussion topics in this training include:

-What is mindfulness?

-How can I apply mindfulness at work?

-How does practicing mindfulness actually keep us safe?



Monday, April 17



9AM - 12PM

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Glenn Schroeder B.Th, B.A.

Counselor/Facilitator

Being a counsellor and serving the community for over 20 years, Glenn promotes mindfulness-based interventions rooted in compassion and kindness. He is well versed in many service modalities and counselling styles and is deeply knowledgeable in the person-centred approach. Glenn is the founder of True Listening, an organization serving the community at large by training the natural healers that are in service positions to use and develop their gifts while helping those we serve to grow, heal and truly know their worth. Glenn loves connecting with everyone he meets and is committed to supporting positive growth and change, both personally and professionally. His goal is to blend softness and strength towards that end.