



BOAZ B. FELDMAN

Empowering for Resilience
Training



**Mindful
Communication
Training**



June
2016
Workshop

MINDFUL COMMUNICATION TRAINING

Communicating skilfully with others may be the greatest challenge we confront every-day. In reach of connectedness and harmony, we make our best attempts to be heard, to hear while being authentic, but often fail.

This innovative training workshop proposes a diversity of daily life practices to empower us with interpersonal skills of deep listening and clarity of speech through specific mindfulness practices.

**“Be present, listen,
and hear what is not said.”**

DETAILS

- Time:** Saturday June 11th 2016, 10:00-13:00.
- Location:** Centre Sphere, Ch. Frank-Thomas 68, 1223 Cologny.
- Fee:** CHF 59
AVS/Students/Unemployed: CHF 29
- Registration:** Elena de Weck +41 79 418 28 79, info@asphere.ch - www.asphere.ch

FACILITATOR



Boaz is a management psychologist, mental coach and certified Mindfulness trainer. He works with CEOs and executive teams for depth-performance and well-being in corporate, clinical and humanitarian sectors, and teaches Mindful Leadership at the Trinity College Dublin MBA program - www.boazfeldman.com.

