

ILA Mini-Series: Listening to Nurture Happiness

Session 2

When: April 25, 2024 10:00 AM, CDT, 4.00 PM CEST

Where: Zoom

EVENT DETAILS:



An online series of related topics.

Listening to Nurture Happiness

In preparation for ILA's 9th annual International WEEK of Listening this September 2024

join us for a 5-session program on **Listening to Nurture Happiness**

Session #2

Listening to Appreciate the Other can be EASI ... if you know how to do it!

April 25th, 2024, 10:00 a.m.- 11:00 a.m. (CST)

Maximilian Resch will lead us in a discussion of personal experiences of feeling appreciated. We will dive into the definition and distinct manifestations of "Experienced Appreciation in Social Interactions (EASI)". We will reflect on the role of listening for individual preferences in giving and receiving appreciation as well as try out different ways of sharing our preferences with our colleagues and supervisors. Finally, we will conclude our session by discussing the practical usability of EASI in our everyday life.

Register to receive a Zoom link Everyone is welcome to this special event at:

<https://listen.org>

Contact: Sandra Bodin-Lerner <http://sandra.bodin-lerner@listen.org>