



**Mindful  
Communication  
Training**



**Workshop  
Series in 2017**





## 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.



### DETAILS

- Dates:** Tuesdays Jan. 24<sup>th</sup>, Feb 14<sup>th</sup>, Mar 21<sup>st</sup> and Apr 4<sup>th</sup> 2017 at 18:30-21:00.  
**Location:** Centre Sphere, Ch. Frank-Thomas 68, 1223 Cologny.  
**Fee:** CHF 260, AVS/Students/Unemployed: CHF 190  
**Registration:** Elena de Weck +41 79 418 28 79, [info@asphere.ch](mailto:info@asphere.ch) - [www.asphere.ch](http://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](http://www.boazfeldman.com).

