

Workshop: „The way of council – meaningful communication“

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Workshop content/theme

Council on intercultural communication

Aims /council intentions

- Listen from the heart
- Speak from the heart
- Be spontaneous
- Be brief & to the point
- Speak about whatever will serve you and the people around you
- Whatever is said in the group stays in the group (is not told others outside the group)

Method(s)/Approach

Council is the practice of speaking and listening from the heart (the groups sits in a circle and group members talk). Through compassionate, heartfelt expression and empathic, non-judgmental listening, Council inspires a non-hierarchical form of deep communication that reveals a group's vision and purpose. Council offers effective possibilities of resolving conflicts and for discovering the deeper, often unexpressed needs of individuals and organizations. Council provides a comprehensive option for co-visioning and making decisions in a group context.

Listen from the heart:

- Seek understanding vs. agreement
- Try to accept others as they are
- Empathize vs. Criticize

Speak from the heart:

- Tell your personal story (vs. philosophy)
- Use “I”-statements
- Tell the fullest possible truth
- Trust the circle and the listeners :)

Further tips, sources, resource material or links

Ojai Foundation – explaining Council: www.ojaifoundation.org