Dr. Sharon Gubby Helfer is an oral historian and video-biographer with a research interest in the area of “difficult dialogues,” where groups or individuals find themselves on opposite sides of polarized, politicized divides. Having begun with a focus on English-speaking Jews and French-speaking Catholics at the time of the 1995 Quebec referendum, she went on to explore Israeli/Palestinian dialogue. Following a trip to the Middle East in November 2016 with the Compassionate Listening Project (CLP) Sharon completed the process of certification as a trainer and facilitator in the CLP peace-building skillset.

Dr. Sharon Gubby Helfer est historienne orale et vidéobiographe. Ses recherches portent sur les dialogues difficiles, où des individus ou des groupes se trouvent engagés dans des contextes polarisés et politisés. Après s’être intéressée aux relations entre les Juifs anglophones et les catholiques francophones lors du référendum du 1995, elle a exploré le dialogue israélo-palestinien. En novembre 2016, elle participe à une délégation au Moyen-Orient avec le Compassionate Listening Project (CLP). Elle a ensuite complété le processus de certification en tant que facilitatrice et formatrice du CLP.

Compassion is not a luxury, it is essential for our own peace and mental stability; it is essential for human survival.

~ Dalai Lama

COHDS / CHORN

A cross-faculty research unit of Concordia University, the Centre for Oral History and Digital Storytelling explores the connections between oral history, new media and the arts, and opens up access to and analysis of the audiovisual oral history record. COHDS serves as a point of convergence for collaborative research, teaching and publishing among faculty and students at Concordia University, as well as community-based projects operating at the local, national and international levels.

Unité de recherche interdisciplinaire de Concordia, le Centre d’histoire orale et de récits numérisés explore les liens entre l’histoire orale, les nouveaux médias et les arts. Le CHORN est un lieu de convergence de la recherche collaborative, de l’enseignement et de la publication pour le corps professoral et les étudiants de Concordia ainsi que pour des projets communautaires opérant aux niveaux local, national et international.

You can register online at:
https://storytelling.concordia.ca
Payment of the registration fees (in cash at the COHDS office) will confirm your registration

Inscrivez-vous en ligne:
https://storytelling.concordia.ca
Le paiement des frais d’inscription (en argent comptant aux bureaux du CHORN) confirmera votre inscription à l’atelier

1400 de Maisonneuve Blvd W. 10th Floor/10e étage,
room/salle LB-1042, Montréal (Qc)

For more information about the workshop:
Pour en savoir plus sur l’atelier contacter:
sharon.gubbay.helfer@gmail.com / 514-893-9677
For information about registering contact:
Concernant les inscriptions contacter:
cohds.chorn@concordia.ca
514-848-2424 X5486

Listening with Heart
L’écoute avec compassion

des outils développés par le
Compassionate Listening Project
tools for self-awareness and skillful communication

An advanced workshop presented by COHDS
Un atelier de perfectionnement présenté par le CHORN

February 25-26 février 2017
9h30 - 16h30
http://storytelling.concordia.ca
This two-day skill-building workshop introduces the five Compassionate Listening Project core practices: listening with the heart, speaking from the heart, developing the “fair witness”, respecting self and others and cultivating compassion. It will also show techniques for skillful questioning, and stimulate awareness of the judgments and triggers that get in the way of hearing clearly. All material is presented and practiced using demonstrations and role-plays.

DAY 1: THE BASICS
- What is Compassionate Listening?
- Why and how to create a safer “container”
- Introducing and clarifying the five core practices
- Listening basics: being present, other ways to listen
- Reflective listening: listening for facts, feelings, values
- Introducing the art of the question

1ère JOURNÉE: LES ÉLÉMENTS DE BASE
Présentation de l’écoute compassionnelle et des cinq pratiques fondamentales, écoute active, création d’espaces «sûrs»

DAY 2: WHEN THE GOING GETS TOUGH
On day two we focus on how to free ourselves from the fog of the triggered states that make listening tough.
- Matters of heart
- Deepening the art of the question
- Judgments, blame, guilt, responsibility
- Triggers and conflict
- The “Drama Triangle” or “Victim Triangle”
- Bridging to connect and widening circles

2e JOURNÉE: NAVIGUER DANS DES EAUX TROUBLES
Comment nous libérer du brouillard provoqué par nos émotions, qui rend difficile l’écoute avec compassion

Notes / À noter:
Workshop days begin with a meditation to bring us into the state of calm coherence this work requires. The schedule above may be modified in response to the nature of the group.

http://www.compassionatelisting.org/