



DIFFICULT CONVERSATIONS

The art and science of working together

DATE: Saturday, September 10, 2022

CHECK-IN: 8:00 a.m.- 8:45 a.m.

PROGRAM: 9:00 a.m.- 3:00 p.m.

**LOCATION: St. Andrew's by the Sea
2001 Calle Frontera
San Clemente, 92673**

Coffee, Breakfast Bites and Lunch Included

Sponsored by



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First Amendment Voice



Kern Beare, workshop facilitator, is the founder of the Difficult Conversations Project, a non-profit initiative to help heal our national divide. Learn more at: [Difficultconversationsproject.org/](https://difficultconversationsproject.org/).



**DIFFICULT
CONVERSATIONS
PROJECT**

Difficult Conversations: The art and science of working

together is an engaging, interactive workshop exploring a powerful set of principles and strategies that will allow you to approach difficult conversations in a radically new way — one that can heal divides and change hearts and minds.

Focusing on the question, “Who do we need to be to have the conversations we need to have?” participants will discover:



Why difficult conversations often trigger our fight/flight survival drive, and how that shuts down our brain's ability to listen, be present and take in new information.



Why trust is essential when navigating a difficult conversation, and how we can quickly establish trust even with someone we don't know well.



How our personal story can get in the way of clear communication, and how to look “beyond” our story to access our innate capacity for connection, creativity and collaboration.



How understanding the “three dimensions” of difficult conversations can help us move more quickly from conflict to resolution.

“This workshop dives into the science behind what's happening in our brains during conversations with those we disagree with, and challenges us to think more critically about our perspective. This is a must-attend for anyone who engages in discourse at any level.”

- Tyler Boden

*Boden Energy Solutions
San Clemente Rotary Club, President
San Clemente Chamber of Commerce, Board Member*



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scchamber.com/events**