

Reach Across The Aisle - outline

🕒 Created	@Nov 16, 2020 4:52 PM
🏷️ Tags	

Reach Across The Aisle - This is a three-part discussion seminar, exploring the art of talking with those who we perceive as adversaries. It will be facilitated by Stewart Ball, spouse of NPC member Kim Shuler.

It is a given that we are living in an era of unusually divisive polarization in politics, which has now spilled over into almost every facet of daily life. Such a state of stressful affairs, affecting families and friends, begs for some relief and a measure of peacemaking. To that end, we can put our heads together and work on a better understanding, thus to relieve some of this polarization and counter some of the stress we are enduring.

Each virtual session will run about 45 minutes, with a 15-minute overage allowance for those who wish to have a little extra time for discussion. No outside reading or homework is required. We will live practice some of the techniques recommended. Note-taking and journaling are encouraged. In advance of the seminar, we are not proposing any preparatory study, we would like you to bring your own insights and experience. As the course goes, we can build an archive of reference and inspirational materials. However, don't be surprised if your notes and journal contain the most salient content by the end of the seminar.

First session:

- 1 - prepare yourself - baggage and boundaries
- 2 - know your purpose - learning or yearning or burning?

Second session:

- 3 - open the door - starting a conversation well
- 4 - asking good questions and staying in neutral

Third session:

- 5 - listen well, use the encouraging words, create space to breathe
- 6 - bring the conversation to a peaceful end.