



Acceptance of Others



Overview/ Description:

It's common to wish that other people were more like us, but this can lead to often-unproductive behaviors like resistance, anger, and fault-finding. Instead, we can practice accepting people, without agreeing with them or waiving our own rights, through a variety of techniques that will can be practiced and prioritized.



TARGET AUDIENCE:

ANYONE WHO WISHES TO INTERACT WITH OTHERS EFFECTIVELY, EVEN WHEN THEY APPEAR TO HAVE VERY LITTLE IN COMMON



EXPECTED DURATION:

45-60 MINUTES

Workshop Objectives:

This training will help you:

- Avoid judgement and comparisons
- Practice assuming positive intent
- Build empathy
- Participate in articulating feelings