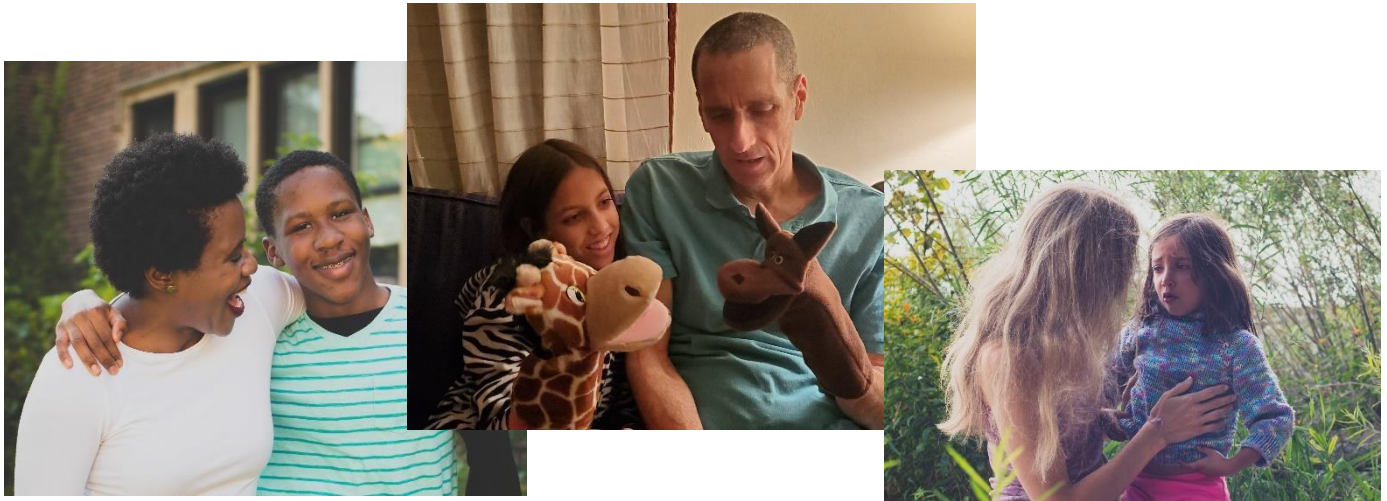


# Communicate-to-Connect

Mindful Communication training for adults, teens, and/or children



Effective communication leads to happier, healthier, and more fulfilling relationships.

Through practice and playfulness, you and your friends and family will grow together:

- Increase your capacity to speak and listen mindfully (with presence)
- Understand how to effectively communicate about feelings
- Broaden your conflict resolution strategies
- Make skillful requests
- Focus on underlying needs to build connection

**Instructor:** Jamie Lynn Tatera, certified mindfulness instructor

**Location:** Live online from the comfort of your home

**When:** Schedule this class for you & your family/friends (free 20 minute live-online intro session)

**What participants say about our Communicate-to-Connect class:**

*"My daughter and I really looked forward to our time every week with Jamie Lynn. She has such a calming presence and was able to facilitate discussions between my daughter and I that wouldn't have happened otherwise. Jamie Lynn introduced many very practical strategies to help my daughter and I deal with the stress of life. -Beth A., Whitefish Bay*

Contact Jamie Lynn at [jamielynn@whollymindful.com](mailto:jamielynn@whollymindful.com) or call 414-554-0067 to schedule a class or a free intro session for you and your friends/family.



A healthy mind leads to a happy life