Course Title: Mindful Communication: The Power of Relational Presence
Course Code: COM 59
Instructor: Ted DesMaisons, MBA, MTh

Course Summary:

Mindful Communication draws on the Insight Dialogue work of Gregory Kramer to help release old habits of speech and listening and improve communication and understanding. We will use interpersonal dialogue as a mindfulness practice and other forms of mindfulness practice to inform our interpersonal dialogue.

*Please see course page for full description and additional details.

Note About Live Attendance and Recording:

The large-group portions of these class sessions will be recorded for the benefit of classmates who cannot attend on a given night. Individual conversations and dialogues in break-out rooms will not be recorded.

Even though we will have the option to watch (or re-watch) a given night’s session on video, students are “strongly” encouraged to make the commitment to join class live each week. We will build a bit of supportive community and each person’s presence makes a difference for keeping that container strong and whole.

On a more formal level, live attendance is required in at least four of the seven evenings and attendance in live or video review format for at least six sessions to receive credit.

Grade Options and Requirements:

- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Students must attend at least 4 class sessions and attend and/or watch at least six.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Tentative Weekly Outline:

Each week, we will spend time in silent practice, introduce the principle for the week, and get the chance to apply that principle in extended shared contemplation. Students will then have home
practice to reinforce and apply lessons learned. We will likely include some playful activities and movement as well to offer other avenues into the material.

Week One: Course Intro and “Pause”: Interrupting the Habit of Everyday Patterns
Week Two: “Relax”: Learning to Accept What Is
Week Three: “Open”: Recognizing Others and the Environment
Week Four: “Trust Emergence”: Relying on the Nature of Change
Week Five: “Listen Deeply”: Hearing with Whole Presence
Week Six: “Speak the Truth”: Finding Authentic Words
Week Seven: Together in Practice