

The Art of Deep Listening



Since 2011, Maximized Mind has provided the Grand Strand and surrounding areas with the most effective modalities of psychology in the world including Hypnotherapy, NLP Life Coaching, as well as various Alternative and Traditional therapeutic modalities. They specialize in Anxiety & Depression Relief, Smoking Cessation, Weight Loss, Life Transitions, Self-Esteem & Confidence, and Relationship Coaching where they help people reach their goals and live more effectively.



Barb Cardinal has over 25 years of experience as a therapist, educator, college administrator and group facilitator. She has taught The Art of Deep Listening in a variety of settings and community organizations including hospitals, schools, volunteer agencies, prisons and churches. Barb believes that Deep Listening is the path to greater understanding, compassion, peace and conflict resolution.

- Enhance trust and rapport in your relationships
- Build close and more authentic connections with others
- Gain a deeper understanding of others
- Enjoy more fulfilling relationships

How many of us wish that our loved ones would really listen? Or, would you like to learn how to deeply listen to another? *The Art of Deep Listening* will teach you how to listen in a way that can transform your relationships...with partners, children, friends, and colleagues.

Deep listening is an extraordinary communication skill that anyone can learn. Not only do you experience the benefits above, but the person you are listening to will feel important and valued by you.

Join Maximized Mind for this Exciting Workshop Event!

When: Saturday, December 8th from 12:30 – 2:30 pm

Where: YOGA in COMMON, 3062 Deville Street, MB 29577

Pre-Registration Cost: \$35 / Walk-In Price \$40

Pre-Register at Yoga in Common Today! Call 843-839-9636!

