

Make Space for Listening

WELCOME RITUAL

Herbal iced tea, seasonal fruit tartlets

GUIDED MOVEMENT PRACTICE

Certified yoga instructor leads this grounding yoga practice becomes a study in listening—each posture a chance to attune to the subtle rhythms of your body and the stories it carries.

SALON SESSION

Clarity starts with ears open, mouth shut.
An executive communication coach takes you inside the art of listening—what it really looks like in relationships and the signals you might be missing.
Pause, to not just hear, but understand.

PRACTICE & PLAY

Practice deep listening in triads and notice signals you've been ignoring. Take away a type-specific listening strategy that makes conversations clearer and more connected.

CLOSING & GRATITUDE

Bubbles and bites. 'Listening Kit' gift.
Exclusive breakout time for yearly members' circles.

Tuesday, April 14, 2026, 5:30-8:30 pm

Lakewood Country Club