



RE-FRAMING THE ELECTION: FROM DEFEAT TO EMPOWERMENT

"We have to face the fact that either all of us are going to die together, or we are going to learn to live together, and if we are going to live together, we will have to talk!"

-- Eleanor Roosevelt

The 2016 US presidential election was a stunning display of what can happen when people ***do not feel heard***.

Since the election...

Many people feel terrified, confused, shocked, disempowered (or emboldened to exhibit their worst behaviors), and they are increasingly unable to speak with others who disagree with them.

- Do you know how to speak to people who don't really understand the issues?
- Do you feel like you can't voice your opinions with friends, co-workers or supervisors without causing a major battle?
- Did you know how to frame your discussions so you create allies, not enemies?
- Do you feel threatened or paralyzed by rapidly-unfolding events?
- Do you understand how to manage manufactured trauma and disempowerment?
- Do you know how to build a bigger, stronger consensus?

Where do we go from here?

RE-FRAMING THE ELECTION is a weekly interactive workshop that spans 6 weeks. Each session is 90 minutes, and is conducted by Debra Oliver, a mediator and trainer of 27 years.

The workshops offer a non-judgmental and safe space to mutually explore our relationships with one another and our vision for the surrounding world in these difficult times. The dialogue exchange provides specific tools to empower participants to succeed in having conversations with people who disagree with them.

- Skill building and practice on how better to hear and be heard
- How to listen for underlying needs
- How to understand and frame your own needs in a non-threatening manner
- Tools to help you survive the nightly news
- How to deal with "triggers," anger and fear
- How to find and build safety and common ground

RE-FRAMING THE ELECTION specifics:

When: Saturdays, January 21, 2017 to February 25, 2017, from 1:00-2:30 PM

Where: La Cocina de Balam, 1406 3rd Street, Santa Fe, New Mexico

Cost: Supported by voluntary donations (suggested donation of \$10 per session)

Pre-registration is required: Call Debra at **983-3344** or email: commonground@newmexico.com