

Community First Oxfordshire, founded in 1920, is a community development charity supporting community-led planning and social action across Oxfordshire [www.communityfirstoxon.org](http://www.communityfirstoxon.org)



**'LISTEN IN LISTEN OUT'<sup>®</sup> FREE Online  
ACTIVE LISTENING WORKSHOPS**

Practical sessions offer community groups and organisations an opportunity to strengthen communication skills and reflective practice related to teamwork and community engagement.

Active listening and reflective practice is key to effective leadership, inclusive social action and sustainable community life. **See inside for more details...**

**For Information and Bookings**

**Email:** [rachel.woods@communityfirstoxon.org](mailto:rachel.woods@communityfirstoxon.org)

**Listen – Reflect - Encourage - Act**

**community**first  
oxfordshire  
Helping communities help themselves

**TOGETHER WE CAN...<sup>©</sup>**

**'LISTEN IN LISTEN OUT'**



**FREE Online**

**ACTIVE LISTENING WORKSHOPS**

**for individuals, volunteers, parish councillors,  
housing association officers, community  
groups, youth workers, faith groups...**

***Gather people. Book the workshops.  
We come to you online via Zoom!***

**See inside for more information, including booking details...**

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**Together We Can® (TWC) workshops** support community groups, organisations and individuals of all ages in gaining knowledge, understanding, confidence and skills for engaging in effective community-led planning and action, to strengthen and sustain community life.

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## LISTEN IN LISTEN OUT FREE ONLINE ACTIVE LISTENING WORKSHOPS

### Workshop Benefits

- **Strengthen communication skills, team work**, productivity and community life
- **Gain skills and resources** for effective community leadership, engagement and social action
- **Enjoy mutual support** through sharing experiences, ideas and problem-solving together in an atmosphere of trust
- **Participate in bespoke listening exercises** tailored to reflect your team or community's identified issues and needs
- **Enrich personal development** through the transforming power of active listening and reflective practice



*Helping Communities Grow Stronger Together*

### Workshop Content and Style

Hosted by our professional facilitators via ZOOM, these FREE 45-minute practical sessions use interactive presentations, bespoke group and paired listening activities tailored to reflect team and community priorities.



The learning focus includes:

- introduction to active listening: definitions, applications, listening styles
- multi-sensory, mindful and empathetic listening tools and exercises
- Reflective practice and building a listening culture

### Bespoke Listening Exercises

Listening exercises and reflection are tailored to reflect group and community priorities, to strengthen teamwork and problem solving.

### Active Listening Resource Pack

Participants receive access to an active listening resource pack to support the embedding of active listening into community life, leadership and social action.

**For more details and to book your FREE workshops please email [rachel.woods@communityfirstoxon.org](mailto:rachel.woods@communityfirstoxon.org)**

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