

HEALING DIVISIONS

*The Science
& Spirituality for
Engaging in
Polarized Times*



Sponsored by:

Light on the Hill

DATES/TIMES

The **8 hour ZOOM RETREAT** is offered over four **2-hr blocks**:

Sun, Feb 6, 4pm-6pm ET

Sun, Feb 13, 4pm-6pm ET

Sun, Feb 20, 4pm-6pm ET

Sun, Feb 27, 4pm-6pm ET

Most of us struggle with finding peace in relationships, and how to remain in authentic connection with others who see important dimensions of the world in a radically different way. The contemplative stances and skills that we cultivate on the retreat not only equip us with more skillful ways for engaging in dialogue about polarized topics, but also for navigating all those relational rubs that we can have with families, friends, and colleagues.

Rooted in spiritual direction principles and chaplaincy pedagogy, along with neurobiological & social psychological research, the sessions present dialogue techniques in engaging, humorous, and accessible ways. Case studies help participants integrate the techniques, nurture their relationships, and grow in their spirituality.

Full Cost: \$125. Generous subsidies available; nobody will be turned away due to full cost. More info on registration link.

“ I DON’T KNOW HOW
TO TALK TO HIM
WITHOUT ARGUING.”

“THEIR VIEWS ARE SO
INTENSE, AND IT’S HARD TO
BE IN THE SAME ROOM.”

“I JUST CAN’T RELATE
WITH HER ANYMORE.”

FACILITATOR: ***Brent Anderson, M.Div., BCC***



As a healthcare mission integration executive, chaplain, & spiritual director, Brent has created & facilitated seminars on dialogue techniques, conflict resolution, resilience, and broader leadership training for thousands of educators, physicians, nurses, church leaders, & parishioners. More info accessible at:

Register at: HealingDivisions.org