

**WORKSHOPS AND CLASSES ON
MOVING BEYOND POLARIZATION AND HYPER-PARTISANSHIP
Offered by the Salt Lake Civil Network
Monthly Workshops for Making a Difference in the World
Weekly Classes for Personal Integration and Growth**

Monthly Saturday workshops

These monthly workshops provide training for becoming more civil, compassionate, inclusive, effective and collaborative in our lives, leadership and politics. These workshop topics are based on feedback at the Utah Citizen Summit. Other workshop offerings will be forthcoming.

Saturday, February 4

Becoming more integrated, resilient and engaged, and less polarizing in interpersonal and organizational settings.

Saturday, March 4

Developing mature leadership capacities that model civility, compassion, inclusion, facilitative leadership, collaboration and effectiveness.

Saturday, April 1

Overcoming hyper-partisanship in the political and policy arenas, and exploring cultural, process and institutional approaches which bridge partisanship.

Each Monthly workshop is from 9 am until Noon and then 1:30 to 4:00 pm. No lunch is provided

Workshop Fee: \$60/per workshop or \$150 for all three workshops

Attendance is limited. You must pre-register. To pre-register email:

john@saltlakecivilnetwork.org

Weekly Thursday Evening Classes

These weekly classes are designed to support a person in becoming more centered and integrated in dealing with the polarities and polarization in our internal lives. On alternating weeks we will work on becoming grounded and centered, and then on personal integration and growth. John Kesler will offer awareness, meditation and other practices through an approach called “integral polarity practice”, which you can then practice on your own.

Each Thursday evening class is from 5:30 to 7:00 pm

Class fee: \$20 for each class.

The weekly classes and monthly workshops cross reference and support one another, and highlight that internal work and work in the world are inevitably deeply interconnected

All workshops and classes are held at 77 South 700 East, Suite 200, Salt Lake City (north east corner of 7th East and 1st South) Parking is underneath and to the north of the building or on 1st south.