

# Communicating Mindfully

## MICROCREDENTIAL



### DELIVERY

Online; 8 sessions, 2 hours/session

### PRICE

\$495

### MORE INFO

Dan Huston  
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[NHTI.edu/btc](http://NHTI.edu/btc)

[Register Here](#)

Over the last 20 years, mindfulness has experienced a huge rise and is improving psychological and physical health as well as performance and life satisfaction. Business leaders celebrate its ability to raise productivity, and educators laud increases in attention and stress reduction. This online series provides the information and experience to make mindful communication a central component of your life. You'll gain an increased capacity to make positive change, reduce unproductive judgment of yourself and others, and work cooperatively with others.

### Proven Methodology

This series takes a deep dive into NHTI's internationally acclaimed Mindful Communication curriculum. Each session explores the practices designed to increase awareness of influences that impact how people communicate. You'll learn to make effective communicative decisions that reflect increased emotional intelligence, thus improving work performance and increasing life satisfaction. Two graduate credits through Antioch University are available to interested participants.

### About the Instructor

Dan Huston developed NHTI's Mindful Communication curriculum 20+ years ago and wrote the course textbook, which has been adopted at numerous U.S. colleges and universities. When not in the classroom, he teaches mindful communication to businesses and educators to spread the teachings on a society level. He loves mindful communication for its ability to help people lead more fulfilling lives while increasing their ability to work collaboratively and productively. He lives in Bow with his wife and their dog and hiking partner, Addie.

### Microcredential Topics and Schedule

#### Session 1 Getting Started: Beginner's Mind

- Introduction to communicating mindfully

- Ekman's model
- Soles-of-feet meditation

## **Session 2      Conversation and Listening Skills: Paying Attention**

- Conversation skills
- Breath and sound meditation
- Awareness notebook/application discussions

## **Session 3      Becoming Better Listeners: More Than Meets the Ear**

- Listening skills and common listening problems
- Affect labeling/noting meditation

## **Session 4      Nonverbal Behavior and Physical Sensations: What Our Bodies Are Saying**

- Nonverbal behavior
- Body-scan meditation
- Introduce final project

## **Session 5      Self-Talk: Getting to Know Ourselves**

- Discuss final project progress
- Self-talk and interpersonal communication
- Loving-kindness meditation

## **Session 6      Self-Concept: Who Do You Think You Are?**

- Discuss final project progress
- Self concept
- Open-presence meditation

## **Session 7      Assertive Behavior: Tell It Like It Is**

- Discuss final project progress
- Assertive behavior
- Assertive behavior meditation

## **Session 8      An End and a New Beginning**

- Final presentations/discussions

## **NHTI – Concord's Community College**

NHTI is a dynamic public institution of higher learning that provides accessible, rigorous education for students, businesses, and the community. We create pathways for lifelong learning, career advancement, and civic engagement, offering 80+ academic programs to 4,600+ students annually. NHTI is a member of the Community College System of New Hampshire and since 1969 has been accredited by the New England Commission of Higher Education, a nongovernmental, nationally recognized accrediting agency.

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