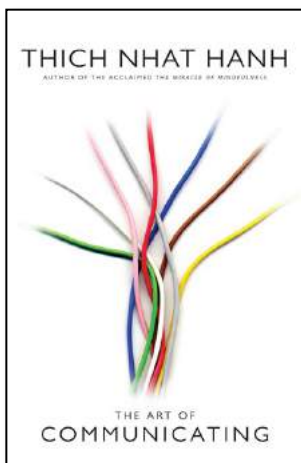




*“Many of us spend a lot of time in meeting or e-mailing with others, and not a lot of time communicating with ourselves. The result is that we don’t know what is going on within us. It may be a mess inside. How, then, can we communicate with another person?”*

— Thich Nhat Hanh

The art of mindful communications workshop is tailored for people who want to improve their communications with others through practicing mindfulness based on the Plum Village tradition founded by Zen Master Thich Nhat Nanh. Through practicing deep listening and mindful speech, we could become more understanding and connected with oneself and others.



An art of mindful communications workshop for the staff of Legislative Council