

**International Day of Listening**  
**September 16, 2021**  
**Theme: Listen to Connect**

**Calendar for 2021**

**Mini-Course: Listen to Connect**

**This year's IDL Mini-Course is designed to help people make better connections in their conversations and interactions. In a year that has provided many requirements to "disconnect," this program will help mend some of the frays we are seeing, whether it be in politics, work, or personal relationships. You can attend selected individual sessions or the entire series**

**Session 1:** Tuesday, February 23, 9:00 a.m. – 10:00 a.m. (US Central Time): Are You Listening? How Do You Know?

**Session 2:** Friday, April 16, 9:00 a.m. – 10:00 a.m. (US Central Time): How Are You Listening

**Session 3:** Wednesday, June 16, 9:00 a.m. – 10:00 a.m. (US Central Time): Why Are You Listening? Listening Behaviors That Support Making Connections

**Session 4:** Monday, August 16, 9:00 a.m. – 10:00 a.m. (US Central Time): Planning an Event for International Day of Listening

**Listening to Connect in Healthcare**

**February 2**

February 2, ILA Mini Course: Listening to Connect in Healthcare: Listening Thieves in Clinical Practice Healthcare Session (60 minutes) Presenter: Dr Krishna Naineni

March 16: Listening to Connect in Healthcare Session: Experience and Share the Magic of Listening in Clinical Practice (60 minutes) Presenter: Dr Krishna Naineni

**Listening Moments**

**March 16**

**May 16**

**July 16**

This is a new program. On the 16<sup>th</sup> of March, May, and July, a selection of "listening moments" will be introduced and will be available for a month.

These will be audio recordings for you to listen to and react to. Each month will feature selections from a different type of listening moment, from music to sounds of nature to prose and poetry. Check each month for sounds from around the world to listen to and share your reactions.

### **Special Event**

May 16: Joint program with Marva Shand "I Love to Listen Day"

### **International Day of Listening 2021**

September 16: Listen to Connect

#### Mini-Course

Listen to Connect, Session 1: Are You Listening? How Do You Know?

The purpose of the International Day of Listening is to help people value listening. This first session provides some groundwork for understanding the listening process, especially the cognitive and intentional part of the process that helps us become better listeners and build stronger connections. By understanding what interferes with effective listening and forming connections and how focused, intentional listening makes us better listeners, participants will have a better understanding of what needs to happen to be an effective listener and to build strong connections between communicators.

The session will start with a demonstration of some of the common factors that cause ineffective listening, such as multi-tasking. This will be followed by an explanation of what happens neurologically and cognitively as we select what to listen to.