
The Zen Of Listening Mindful Communication In The Age Of Distraction

By M A Rebecca Z Shafir Ccc

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June 2nd, 2020 - the zen of listening mindful munication 61 turkey hill rd west newbury ma 01985 978 255 1817 contact rebecca learn more about rebecca arrange media appearances or a seminar for your anization rebecca shafir i am a speech language pathologist author voice and executive function coach with over 30 years of experience i work with'

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'project manager important mindful listening

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effective munication with mindfulness

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'how to be more mindful of your munication forbes

June 1st, 2020 - practicing the art of mindful munication is a challenge as it requires us to slow down be thoughtful and

learn to listen more as a coach i encourage all of my clients to adopt some form of'

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April 24th, 2020 - listening is the first step in making people feel valued writes rebecca shafir a certified speech language pathologist and chief of speech pathology at the lahey clinic in massachusetts she is a 20 year student of transcendental meditation and zen studies and has a black belt in martial arts'

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June 4th, 2020 - the benefits of mindful munication while cultivating mindfulness has most often associated with reduced stress and anxiety practitioners have also started using it as a tool to resolve and prevent conflict amongst couples and to improve their overall relationships 2'

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