

TEDDY BEAR



TALK SUPPORT

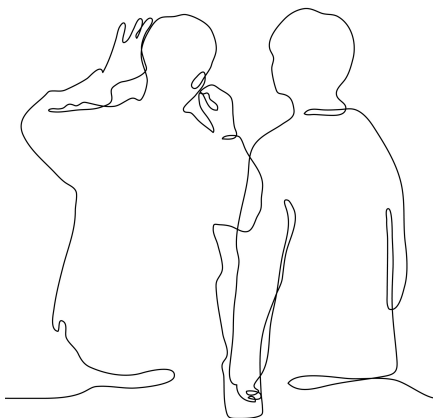
**Harnessing the Power
of Talking Out Loud
Free In-Person and Online
One Hour Workshops**
AADL Pittsfield Branch
in the Muskrat Room



TeddyBearTalkSupport.com

**Zoom info for the
online workshops**

Zoom link: [https://
meaningfulaction.org/tb](https://meaningfulaction.org/tb)
Meeting ID: 840 3308
0146
Passcode: 123123



For Everyone

Do you think better when you are thinking out loud? Do you want to harness this power more often? Teddy Bear Talk Support provides a framework for benefiting from listeners who say very little. We'll call these listeners teddy bears.

When a teddy bear does talk, it is because the talker has asked the teddy bear to do something small, like ask some questions or reflect some things back. Big changes can happen for the talker as a result of the little things the teddy bear might do or say to just "jiggle" things a bit for the talker.

When a teddy bear asks a question, the question isn't about any concerns or agenda that the teddy bear might have. Instead, the question is open and honest and supports the talker in having plenty of room to take things where the talker wants to go.

Teddy Bear Talk Support is about clearing the way for the power of listening to work its magic. Come to a workshop (registration required! Go to <https://teddybeartalksupport.com/workshops>) to learn more!

2 separate times are being offered for the **online workshop for everyone:**

Monday, April 15
8:30 - 9:30 pm Eastern

Sunday, May 12
2 - 3 pm Eastern

2 separate times are being offered for the **in-person workshop for everyone:**

- Saturday, March 2
10:15 - 11:15 am
- Sunday, April 7
4:15 - 5:15 pm

Where: Ann Arbor District Library Pittsfield Branch in the Muskrat Room

For Parents

It happens so often. You're talking to your child and something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear?" Teddy bears say very little.

2 separate times are being offered for the **online workshop for parents:**

Saturday, February 24
10:30 - 11:30 am Eastern

Tuesday, March 12
Noon - 1 pm Eastern

2 separate times are being offered for the **in-person workshop for parents:**

- Sunday, March 10
4:15 - 5:15 pm
- Saturday, April 27
1:30 - 2:30 pm

Where: Ann Arbor District Library Pittsfield Branch in the Muskrat Room