

Event Details

Date:

Thursday,
January 29, 2026

Time:

10:00 AM – 2:30 PM

Location:

Land Services Building
322 Laurel St., Suite 15
Brainerd, MN

Cost: Free

Register By: Jan. 26, 2026

Scan to Register:



For more information:

Lowell Johnson
johnsonlowells@gmail.com

WHAT PARTICIPANTS RECEIVE:

- Free book for the first 50 registrants: *The Compassion Book* by Thom Bond
- A 3-ring binder with all workshop handouts
- A free lunch for participants

Thank you to our sponsor:



CULTIVATING Compassionate Communities

*Compassionate Communication Training
with Ann Harrington*

PRESENTED BY



**Thursday,
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Compassionate Communication is

the practice of leading in the language of your life—using a set of listening and speaking skills that help you think on your feet, reduce stress, transform conflict, and strengthen relationships at home, at work, and in the wider community.

Compassion is a skill we can grow.

In this interactive workshop, trainer Ann Harrington will:

- Introduce core compassion theory and practice
- Share everyday tools for more compassionate conversations
- Help participants form ongoing practice groups for those who want to deepen their skills

About Ann Harrington: Ann envisions individuals, marriages, families, neighborhoods, schools, businesses, and whole communities being transformed as compassionate communication deepens self-awareness, honest expression, empathy, trust, mutual respect, and the quality of our connections.

Ann Wallin Harrington holds a B.S. in Education and a Master's in Speech/Language Pathology, with decades of experience in clinical and leadership roles in rehabilitation and education settings. She is also a trained Life Coach, a graduate of the Coaches Training Institute and Co-Active Leadership Program, and has extensive formation in Nonviolent Compassionate Communication (NVC), including the two-year LIFE program with the Center for Living Compassion.

