



Lumunos Bridge Builder Trainings

We Offer Three Options:

1

Coming to the Dance Floor of Diversity with an Open Heart and Mind - 1 hour, \$150 (online or in person)

We all know what it's like to learn a new dance - it's hard, it's awkward. If we can breathe through the initial awkwardness, stay courageous and curious, and offer one another grace when we step on one another's toes...we begin to learn and grow. The same is true when it comes to building bridges with people who may look, think, or express themselves differently than you do. In this first session we discuss the foundations of bridge building, how to overcome fears we each bring to the table, and the benefits of learning another's experience and point of view.

2

Building Bridges of Understanding, Trust, and Cooperation (One on One and Small Group Settings) - 1.5 hours, \$200 (in person)

Once we are open to building bridges, there are some helpful tools to make connections across lines of difference. In one on one and small group settings, this includes an exchange of authentic and meaningful dialogue, discovering shared values, and affirming what's been learned from one another. In this session we take time to practice how to build bridges through role play, mindful listening, "mirroring back" exercises, and affirming the new connection.



Lumunos Bridge Builder Trainings

We Offer Three Options:

3

Becoming Neighbors: Building Bridges in Teams and Communities - 2 hrs, \$250 (in-person)

In addition to building bridges of understanding, trust, and cooperation in one on one and small group settings, we also have a model for building teamwork and neighborliness within larger groups and communities. Utilizing our Becoming Neighbors model of meaningful conversations, fun exchange, community service, and telling the story we help community groups and workplaces teams of 25-75 create their own replicable Becoming Neighbors program where all voices are valued and everyone belongs.



***We can also provide all three trainings for \$500.**

Please contact Lumunos Director, David Fraccaro at david@lumunos.org or 630-277-6030 for more information or to schedule a training.