



# Personal Connections: Building Relationships & Resilience

*Educating, Engaging, Empowering*



**Personal Connections: Building Relationships & Resilience Workshop for Leaders and Teams** starts with the performance of poetry and storytelling that leads audiences through an interactive process that guides participants to consider their own sense of self, community, and agency. As we learn to express ourselves more clearly, we also learn to listen more actively and compassionately to our fellow community members. We are challenged to move beyond political correctness and popular cancellations to lasting *personal connections*. We work collaboratively through facilitated open dialogue to develop courses of action for more dignified, inclusive, and connected communities.

This interactive workshop will be led by Dr. Sonny Kelly, an expert in interpersonal communication. Participants will engage the subject of forging diverse personal connections in an innovative and practical way. Using storytelling, poetry, activities, and examples from participants' own experiences, Dr. Kelly will lead them through a process of diagnosing and developing positive and confirming communication environments versus negative and disconfirming communication environments. Participants will learn clear tactics on effective ways to create and maintain positive and confirming communication environments by optimizing diversity through a continuous and thoughtful practice of inclusion and interpersonal communication competence. This workshop is rooted in the practice of taking on a *dual perspective* – putting ourselves in others' shoes just long enough to understand the world through their eyes *and* our own, simultaneously (Julia T. Wood, 2020).

## **Objectives:**

- To empower participants to share their thoughts and feelings more courageously and graciously, and to listen to each other more actively.
- To enrich participants' perspectives, inciting a more equitable, inclusive, and collective understanding of our past and our present.
- To share some tips and practices that can help community members to build and maintain more productive, cohesive, and connected communities.

## **Format**

This workshop can be conducted virtually or face-to-face. Dr. Kelly will use a PowerPoint slideshow, dialogue with participants, and a large notepad (chat box when virtual) to conduct this workshop. The workshop duration can be 1 to 6 hours.

## **Cost**

- \$7,000 for 1 – 6 hours (\$500 for each additional hour) within 100-mile radius of Fayetteville, North Carolina
- \$8,500 for 1 – 6 hours (\$500 for each additional hour) outside 100-mile radius

## **Prices are negotiable for non-profit and youth-serving organizations**

- \$2,500 + travel for 60 – 120-minute session
- \$4,500 + travel for 2 – 4 hours
- \$5,500 + travel for 4 – 6 hours

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## **The Power of Dialogue**

My use of the term dialogue is also based upon David Bohm's (1994) definition of dialogue as an open, empathetic, collective, coherent, iterative, and reflexive sharing of unique perspectives, ideas, and ideals between participants that comprises a "*stream of meaning* flowing among and through us and between us" (p. 7). The kind of dialogue that *The Talk* pursues is what Lisa Schirch and David Campt (2007) conceptualize in their work on "dialogue for difficult subjects" as an open and continuous mutual learning process that "aims to build relationships between people as they address a common concern" (p. 6). It is through the episteme of critical dialogic performance and performance-making that I seek to facilitate intrapersonal and interpersonal dialogue that can reframe and reclaim a positive, dignified, and agential sense of self for, and with diverse community members.

## **About Dr. Sonny Kelly (CEO & Lead Teacher/Learner)**

Dr. Sonny Kelly is a professional performer, storyteller, motivator, speaker, veteran, and scholar. Currently a full-time professor of Communication at Fayetteville Technical Community College, Dr. Kelly holds a PhD in Communication from UNC Chapel Hill. He is a graduate of St. Mary's University (MA, Communication Studies, '08) and Stanford University (BA, International Relations, '98). Dr. Kelly has been a professional actor on stage and television for over 30 years. He has served our nation as a U.S. Air Force officer, and his community as a non-profit organization program director, a youth worker, and church minister. Dr. Kelly volunteers as an Artist in Residence and trainer with schools, community agencies and youth serving organizations across North Carolina.

**Legacy Heirs Productions Inc has conducted performances, lectures, and workshops for hundreds of satisfied clients like:**

*GlaxoSmithKline, QIAGEN, The Association of Community Health Workers, Association of Maternal & Child Health Programs, HMA Community Strategies, RTI, Sentara Health, The USA Army, The US Air Force, The USO, The Junior League, Cumberland County Arts Council, Duke University, Syracuse University, UNC Chapel Hill, UNC Greensboro, East Carolina University, Fayetteville State University, Georgia Tech University, St. Andrews University, Fayetteville Technical Community College, Sandhills Community College, Durham Technical Community College, The Levin Jewish Community Center, Cumberland County Schools, as well as numerous churches, community organizations, and K-12 schools across the nation.*

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