

Listen Courageously®

Learning to navigate our differences, through listening

Award-winning films & transformative workshops on the power of empathic listening

The problem / Our solution

Our mission at [Listen Courageously](#) is to solve an evolving social problem: as a society, we have forgotten how to listen. Connecting again on a human level – regardless of our ideological preferences or identities – has never been more important.

We invite people to learn about others who might look or think differently, to combat all forms of “othering”, rebuild trust, and promote a society where we all belong.

Our immersive workshops are designed to make people more aware of their listening blocks and better able to engage in heart-centered conversations that lead to understanding, despite our differences.

Our movement started with our award-winning feature documentary “List(e)n”, which invites people with opposing viewpoints to engage in conversation. Since 2019, we’ve been breaking down our societal silos, guiding people on ways to listen to see past judgment, and past stereotypes.

Former President Barack Obama mentioned our founder during his “Challenges to Democracy in the Digital Information Realm” keynote at Stanford University in April 2022, when speaking of “a new generation of activists who are leading the way” in addressing “the problem of disinformation and polarization” in the U.S. You can view the mention [here](#).

The trailer, and more details on the film that inspired the workshop, can be found here: <https://listencourageously.com/thefilm/>

Our workshops are broken out into two 2-hour sessions:

The part 1 session is devoted to empathic listening, using the film as a tool for unpacking what good listening looks like, and how difficult it is to listen when we disagree. Participants walk away with a framework to apply in their lives, to become better listeners, as well as strategies for entering difficult conversations. This session culminates with a powerful letter writing exercise, and a viewing of our [TEDx talk “Listening Courageously Can Bridge What Divides Us”](#).

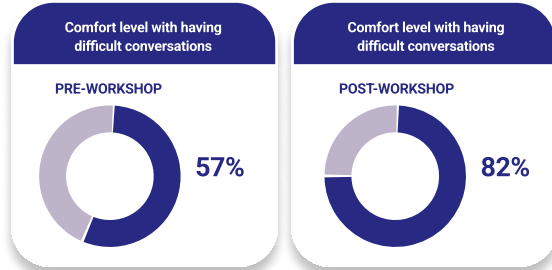
The part 2 session applies the listening tools from part 1 and specifically has participants internalize the importance of listening to see past stereotypes. We work to reframe our perceptions about people who might look different from us, take participants back to their first experiences with bias and have them connect with what it feels like to be treated as more than / less than others.

Some of our clients



Results

Our Listen Courageously program has already positively impacted thousands of participants in leading corporations, organizations and academic institutions across the U.S. and Canada, such as Salesforce, the United Nations Foundation and Northwestern’s Kellogg School of Management, [among others](#). **Overall impact from recent workshop sessions rated at 9.8/10, and self-assessed comfort level with having difficult conversations increased from 57% pre workshop to 82% post workshop.**



Filmmaker / Workshop Creator

Juliana Tafur is an Emmy-nominated producer that has been on a listening journey since 2017 – first as she produced/directed “List(e)n”, and later as she created the Listen Courageously movement. She comes from a family of psychologists turned corporate trainers, and facilitating the workshops, alongside her team, brings her immense joy. Juliana was a 2021-2022 Obama Scholar at Columbia University, where her work expanded to address people’s identities, through the creation of new documentaries and workshops to support BIPOC, LGBTQ individuals and women. She is now working on the launch of a mobile and web-based platform designed to expand people’s perceptions of “others” – by intentionally exposing them to content and connections they wouldn’t naturally engage with. As an accomplished filmmaker, she has acted as producer, director and content executive on series National Geographic, Discovery Networks, Facebook Watch and others, and her production work on Red Table Talk: The Estefans, was just nominated for an Emmy. She serves on the board of directors of the International Listening Association.



We catalyze the power of storytelling to deepen empathy, through documentary films and workshops. Using the power

of the arts and evidence-based techniques, we are out to change behavioral and societal norms about people who we “other”, because of who they are, what they look like, or where they come from. Our work is led by BIPOC, women and LGBTQ individuals, who are closest to the issues that we address, and through story / listening circles, we allow people to see, feel and connect with each other.

One of many positive reviews

“Listen Courageously is needed now more than ever. In the session, not only did we learn to listen but also learned how to engage in meaningful conversations with people who might think differently. It was a moving and insightful experience. Emotional intelligence is needed in the workspace and Listen Courageously equips us with such tools. If we are to move forward as a united country, we need to invest in our leadership and listening skills!”

– Rocio Ortega, United Nations Foundation Girl Up

[Let's speak to explore ways to tailor the workshop to your needs](#)