

PEER PRACTICE PROGRAMS

TESTIMONIALS

I have found the seemingly simple commitment made to take part in this addition to my practice has produced far reaching, sometimes subtle, changes. For example, sharing so succinctly over time how others are exploring practice has open my mind to possibilities - often encouraged me to add small nuances to my daily life: habits, thoughts, traditions, drives, hopes, etc that have reached far. Envision the fungal networks that have been discovered to connect plants and trees in some ecosystems and often enable them to support one another in surprising ways - and you have our Internet web experience: Arranging My Life to Suit My Practice.

Robin Long - Arranging My Life to Suit My Practice (Creating Inner Space) April 2016

"The program has truly has moved my practice forward by a big leap, and I am still amazed at my feelings and needs! I had two conversations this week where I was able to communicate effectively with "difficult" people and topics, and they both had a good outcome, thank you!!!"

Karen Smith - Mindful Communication - Peer Practice program, 2015

"Having a topic to focus on each week helped me to become aware of my personal responses to situations on a daily basis and allowed me to focus on a specific aspect of NVC. It also helped me to be more disciplined as I was preparing to enter into a conversation each week with one of the others."

"The openness and willingness to explore and change the agenda according to what was needed in the moment felt very supportive. I found the materials thought provoking and especially enjoyed the piece of prose/poetry each week."

Sarah Bird - Dialog and the Vernacular - Peer Practice program, 2015

"I love the openness of heart and mind that you bring to this work Judith. I find it so freeing that you don't come with answers but rather with a sense of possibility, a willingness to explore and discover – a sense of "well, let's see". It creates a very welcoming space for expression and creativity and helps me connect to a much greater sense of spaciousness and possibility. Thank you. "

Ann O'Gorman - Self-empathy - Peer Practice program, 2015

"A few times during the program, participants needed clarification about the daily practice exercises. Jude responded immediately and the clarifications lead me to a deeper appreciation of the exercise for that week. I found the structure of the tele circle supported both flexibility and staying on a time frame."

Andy Dillon - Self-empathy - May 2015

"The CDR course has helped me practice empathy and come more into alignment with how I want to show up to interact with others. It has helped me to know my needs better, accept the feelings and emotional states I go through, connect to myself more often, and become more comfortable speaking up for myself. It also has has given me the opportunity to facilitate circles and become more comfortable with doing so."

Ellen McCoy - Connection Disconnection Reconnection - Peer Practice program, 2012

"I feel incredibly grateful for my experiences working with Jude through the Peace Circle model. Sharing in the 'wisdom of the group' gave me a sense of belonging that I have rarely experienced in my busy life.

Jude not only understands these practices deeply, she also embodies and models them with joy and authenticity. She brings a sense of warmth, humor, and integrity to her work that make it a pleasure to be in her presence."

Shira May, Co-facilitator, Connection Disconnection Reconnection - Peer Practice program, 2011

To apply to a program or to ask any questions,
please email Judith at
judith.lardner@gmail.com