

## snapshot

Although more connected by technology than ever before, never have people felt so separated, disconnected and short-tempered with each other.

Hot button issues like politics, race, sexual orientation, and religion create huge rifts between families, colleagues, and neighbors – people we should have a lot in common with. **SeenByMe** changes this disconnected paradigm by rapidly teaching people the skill of how to listen; both to others and to themselves. Even when people have radically different ideas and beliefs, we facilitate people “seeing” the humanity and underlying commonalities in others. Our approach to “listening” not only unpacks foundational beliefs and feelings in others but also our own.

**SeenByMe** teaches our unique Understanding course in a one-day seminar, consisting of small groups, that is followed up by a series of scheduled on-line gatherings to further support our learnings. Our client Survey process is being launched in Tampa Florida and Cape Town, South Africa in 2022 and the first Understanding seminars will take place in early 2023.



## background

People are more alike than they are different. We all have needs, wants, desires and fears – regardless of where we live, our skin color or our religious beliefs. Societal differences have probably separated communities since the age of hunter gathers. Innovations in social media and 24-hour news cycles fan the flames of our *differences* in politics, ethnicity, sexuality, and faiths to garner higher ratings.

Ironically, these few hot button issues dramatically overshadow the similarities and values people share. Dislocation of families, friendships and even work relationships increase the sense of separation, disconnection and adds to the epidemic of loneliness plaguing society. Multiple studies have demonstrated the impact of separation on mental and physical health and even on longevity.



# project understanding

**SeenByMe** is launching its first seminar series “Project Understanding” in early 2023 in Tampa, Florida and Cape Town, South Africa to teach people the skill of listening. Before we launch, we want to listen to prospective clients in a series of structured surveys.

Project Understanding is NOT about changing your beliefs, opinions, or ideas. We are about finding and recognizing our shared humanity and focusing on those similarities – not our differences. We aim to help people engage with each other through curiosity and by withholding judgement.

To Understand someone does not require that you agree with them, or endorse their beliefs or encourage their approach and behavior. If we understand someone, we can feel compassion, and possibly even empathy. Our nervous system and our brains relax – we become less agitated and triggered. We become, hopefully, happier. Our approach to listening is not just aimed at others but also at ourselves. We teach people how to unpack their own beliefs, truths and the stories we all tell ourselves.

We teach the skill of listening in a live, one day, in-person seminar. During the seminar, specific competencies are practiced and integrated with real life examples. Our classes are high energy, participatory, practical, and fun. Our **SeenByMe** staff are trained coaches and psychologists. Groupings in the seminar are small so that each person leaves with new ways to engage with people, especially in difficult/stressful situations. No previous experience or training is required by participants. A series of on-line gatherings is held after the seminar to support on-going skills development.

## about us

**SeenByMe (SBM)** is a social enterprise organization focused on assisting individuals, groups and businesses to build deeper and more meaningful connections with each other. SBM is a secular organization that doesn't promote any particular view, idea or belief. We strive to build skills to enhance curiosity, understanding and acceptance. Our focus is on finding and building on what we have in common – not what separates us.

The founders, staff and advisors of **SeenByMe** are essentially very curious people. We have a keen interest in understanding human dynamics, curbing our own judgements and a desire to connect with others for a more fulfilling and meaningful life. “We have a passion for pragmatism and meaningful results that can be measured. We believe in science and what the data can tell us. Our approach is to develop and deploy quickly, fix our mistakes rapidly and incrementally improve our offering.

Most importantly, we do what we do to help others. We want to provide our clients with skills and competencies they need to have to make them more effective, more fulfilled – happier.

## We want to hear from you!

We are always curious to learn about what you think and to engage with you. Please go to our website **SeenByMe.Net** Contact tab or email us on **TellMe@SeenByMe.net**