



The following podcasts and video series focus on human connection, active listening, and bridging divides through civic dialogue. These selections range from psychological explorations of the human element to practical guides for democratic participation.

### Understanding Humanity & Connection

- **Finding Humanity**: A multi-award-winning series that explores complex social and political issues through the lens of human rights and personal stories of courage.
- **Hidden Brain**: While broad in scope, this podcast frequently delves into the science of human behavior, social connection, and the psychological barriers to understanding others.
- **Human Together**: Hosted by Sarah E. Westfall, this podcast focuses on communal life, moving from isolation to belonging, and leaning into differences with curiosity and compassion.
- **The Case for Connection**: Explores research on why human connection is vital in an isolated world, providing expert advice on reducing loneliness.

### Listening & Empathy Skills

- **Empathy in Action**: Dedicated to the art of active listening, this show provides tools for “tactical empathy” and deepening interpersonal relationships.
- **The Social Connection Chronicles**: Features episodes like “Empathy and Understanding,” which focus on emotional presence, co-counseling, and the transformative power of profound listening.
- **Meeting Street: Conversations in the Humanities**: Produced by Brown University, this podcast features scholars and writers discussing societal interests through the specialized forms of knowledge found in the humanities.
- **Uncomfortable Conversations** with Emmanuel Acho is a series in which we watch Emmanuel explore a variety of topics with individuals—a master class in listening.
- **Middle Ground**: “brings together people from opposing perspectives to engage in open and honest conversation; features a diverse group of individuals with contrasting opinions... aims to encourage viewers to approach each challenging conversation with an open mind, to listen, and to engage in constructive discourse in their own lives.”



## **Civic Dialogue & Democracy**

- **Civics 101**: A “refresher course” on how democracy is supposed to work, covering everything from Supreme Court decisions to the basic functions of government.
- **Democracy Matters**: From the James Madison Center for Civic Engagement, this series explores themes of inclusive and equitable democracy through dialogue.
- **DIY Democracy**: Highlights civic engagement and provides practical advice on how to be an effective, engaged citizen in a local community.
- **Let's Get Civic**: A mix of civics class and comedy that breaks down confusing political and governmental structures to make them more accessible.

## **We also recommend:**

- **Nine podcasts** recommended by Points of Light (2022)
- **The Power of Tiny Interactions** (Hidden Brain, 2025)