

Compassionate Communication

Express yourself when it's scary.

Listen to others with an open heart.

Strengthen your relationships with family, friends, and co-workers.

Transform anger and conflict into trust and cooperation.

Increase Harmony at home and **Effectiveness** at work!

All these and more!

This foundation training:

- Presents **Nonviolent CommunicationSM** as developed by **Dr. Marshall Rosenberg, Ph.D.**
- Introduces you to the steps of the NVCSM process for use in expressing yourself, compassionate listening of others, and listening compassionately to yourself
- Will give sufficient information and practice to start using NVCSM in your daily life
- Is run in an experiential style working with participants' examples
- Is challenging, moving, supportive and fun

Presenters: Anne Dunbar and Alicia Nowicki

Anne Dunbar has over 9 years doing mediation and teaching NVCSM. Alicia Nowicki has been supporting others in learning NVC for 8 years. You will learn through discussion, role-play, reflection, laughter and fun. We recommend you read chapters 1 – 9 of Dr. Rosenberg's book, Nonviolent Communication, A Language of Life prior to the training. Contact Alicia for the book. Also see www.cnvc.org and www.gotgripes.com

When

Saturday, Sept. 18, 2010

Where

Atascadero*

Self Investment

Sliding Scale: \$100 - \$65

* Location information available upon registration.

Times: 9 AM – 4:30 PM w/ 1 hr. lunch

TO REGISTER – Complete form below. Mail the form and your registration fee to Alicia Nowicki, 3120 Amber Ct., Paso Robles, CA 93446. For more information email Alicia Nowicki at alicianowicki@gmail.com, or call 805.714.7417 or visit Anne's website: www.gotgripes.com

SM = Service Mark of CNVC



Registration for Compassionate Communication Training

Name _____ Email _____

Address (street, city & zip) _____

Phone(s) _____

Date of event _____ Amount Enclosed \$ _____

NVCSM Experience _____