

nonviolent communication is

compassionate communication. Its purpose is to strengthen our ability to inspire compassion from others and to respond compassionately to others and to ourselves. NVC guides us to reframe how we express ourselves and hear others by focusing our consciousness on what we are observing, feeling, needing, and requesting.

From the bedroom to the boardroom, from the classroom to the war zone, the [Nonviolent Communication \(NVC\)](#) process is changing lives every day. NVC provides an easy to grasp, effective method to get to the root of violence and pain peacefully. By examining the unmet needs behind what we do or say, using the NVC process helps reduce hostility, heal pain and strengthen professional or personal relationships.

adapted from Nonviolent Communication: A Language of Life by Marshall B. Rosenberg, Ph.D.

[NVC in Personal Growth / Self Help](#)— Learn how to heal old emotional pain, improve self-esteem, transform unhealthy habits and live your life by choice.

[NVC in Conflict Resolution](#)—Resolve conflicts peacefully, improve cooperation, initiate difficult conversations with ease.

[NVC in Parenting](#)—Reduce family conflicts and sibling rivalry, improve your children's self-esteem, and move beyond power struggles to cooperation and trust.

[NVC in Relationships](#)—Clearly express your needs and wants without using demands; strengthen your emotional connections.

[NVC in Workplace Communication](#)— Improve workplace productivity, morale and profits, reduce absenteeism and workplace conflict with these powerful conflict resolution and communication skills.

[NVC in the Education](#)—Create classrooms where academic excellence thrives, improve classroom teamwork and cooperation, and maximize student potential.

Join us April 22, 2006 for this exciting workshop on Nonviolent Communication from 10 AM - 2 PM at the

Unitarian Universalist Church at Washington Crossing (UUCWC)

268 Washington Crossing-Pennington Road

Titusville, NJ 08560 Office: 609-737-0515

Reservations recommended

Facilitator: Eliane Geren, nvc-s

Fee: \$15.00; Childcare Provided



www.cnvc.org.nvc.htm

Other works at the online cnvc bookstore:

Nonviolent Communication: A Language of Life

The Compassionate Classroom

Speak Peace in a World of Conflict:

What You Say Next Can Change the World.

Getting Past the Pain Between Us: Healing and Reconciliation Without Compromise