



A Compassionate Communication Experience: Fostering Connection and Building Community

Hosted by SoCalNVC, *A Compassionate Communication Experience* is a one-day workshop/playshop based on the principles of Nonviolent Communication (NVC) by Marshall Rosenberg. Whether you are new to NVC or a long-time practitioner, we invite you to join us for a day of fun, learning and connection!

At this event, you will:

- * Co-create a forum for learning and exploring the three skills of NVC (self-empathy, empathy, and honesty/self-expression) through a blend of structured learning and open space;
- * Apply NVC to a variety of contexts, such as parenting, relationships, the workplace, processing anger, self-responsibility, and many others.

This event is for people who wish to:

- * Develop stronger relationships;
- * Foster their innate compassion;
- * Interact with certified NVC trainers, facilitators, and enthusiasts in a supportive environment;
- * Build community around universal values of connection, peace, and compassion in Southern California

If you are interested in transforming how you relate to others, join us for a *Compassionate Communication Experience!*

For more information, or to register, please visit

www.socalnvc.org

or email Alicia at alicianowicki@gmail.com. For questions about venue and El Cajon area, email Joe at joeg92021@hotmail.com

Nov 12, 2011
9:45 am – 5:00 pm
El Cajon Library
201 E. Douglas

FREE event! (no charge)