



Compassionate Connecting Workshop

Saturday December 3rd from 1:00 to 5:00 PM

If you want fulfilling relationships, deeper connections and to improve your communication skills, this workshop is for you!

This is an introductory-intermediate level workshop on Compassionate (Nonviolent) Communication (NVC), based on work by Marshall Rosenberg. We will cover the main elements of NVC through interactive exercises, as well as applying NVC to real everyday situations provided by participants:

- Deriving NVC from Experience
- Key Differentiations of Observations, Feelings, Needs, Requests (OFNR)
- Self-Empathy Processes
- Empathetic Listening
- Honest Expression

Register to reserve your spot: <http://compassionateconnecting.eventbrite.com/> or follow links through www.CompassionateConnecting.com

Workshop materials provided—Books available for sale—Scholarships available. Please email me with any questions at james.prieto@compassionateconnecting.com

*** An optional potluck dinner, connection games and dancing will follow the workshop at 6:00 PM (if participating, please bring healthy food to share). ***

About Facilitator

James currently supports himself as a software developer. He discovered NVC in 2002 and immersed himself in it ever since. James pursues ways to contribute to peace, helping others build fulfilling relationships through his writing, small group and workshop facilitation. He recently released a book titled *The Joy of Compassionate Connecting—The Way of Christ through Nonviolent Communication*. He also enjoys surfing, snowboarding, drumming and dancing.



COMPASSIONATE CONNECTING

Living in Integrity - lining up our inner and outer selves

www.CompassionateConnecting.com