

# OC Drop-In NVC Practice Group

Tuesdays from 7:00 to 9:00 PM in Aliso Viejo (OC)

***If you want more fulfilling relationships, deeper connections and to improve your communication skills, this weekly group is for you!***

My intention for this group is to foster a supporting, safe and fun space for authentic sharing, learning of Nonviolent Communication (NVC) by Marshall Rosenberg ([www.cnvc.org](http://www.cnvc.org)) through practice and application to real life situations. I'm requesting \$15 to \$25 sliding scale per class—no one turned away for lack of funds.

Contact James to reserve your spot at [james.prieto@compassionateconnecting.com](mailto:james.prieto@compassionateconnecting.com), or (949)581-4758—directions provided with reservation.

## Basic Format

- Brief check-in for all participants
- Collect requests from participants
- Optional overview of NVC elements
- Address requests



## 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.



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