

Do you want to stay connected heart to heart in difficult conversations?

- *with your children?*
 - *with your students?*
 - *with your partner?*
 - *with members of your congregation?*
 - *with your clients/customers/coworkers?*
 - *with people who hold different political views?*



Join us for a 2-day workshop on

Communicating With Compassion

FOUNDATIONS OF NONVIOLENT COMMUNICATIONSM

Offering:

- a language and consciousness of compassion that can improve your relationships
- skills to support dialogue in the face of judgment, criticism, and anger
- practice in honest expression and empathic listening
- effective ways to bring more ease, and connection and joy into your life
- support for parenting and teaching from your heart
- a nonviolent approach to social change

October 18-19, 2008

Saturday: 9:30 am – 5:00 pm

Sunday: 1:30 pm – 6:00 pm

Westport CT 06880

At the Unitarian Church in Westport
10 Lyons Plains Road

Workshop led by Jerry Koch-Gonzalez

CNVC Certified Trainer



**Sponsored by the Institute for Peaceable Communities
and the Unitarian Church in Westport**

Jerry Koch-Gonzalez is long time social change activist, diversity and organizational consultant, founder of New England NVC, co-founder of the Institute for Peaceable Communities, and the Americas representative to the CNVC Global Community Circle.

Requested contribution: Both days sliding scale \$160-70 (avg. \$120). Saturday only sliding scale \$90-40 (avg. \$75). Sunday only sliding scale \$70-30 (avg. \$50). Lunch and snacks included. Sunday only registration requires a minimum of 6 hours previous NVC workshops. **All are welcome regardless of ability to contribute financially.**

Register online at www.communicatingwithcompassion.org or call Jerry at 413-549-1747.