

Unitarian Church in Westport Sponsors “Communicating With Compassion” Workshop

Saturday, October 18: 9:30 am – 5:00 pm

Sunday, October 19: 1:30 pm – 6:00 pm

I've been working for several years as Associate Minister on developing a “congregational competence” in Marshall Rosenberg's amazing method for creating and sustaining heart-to-heart connections in even the most difficult communication situations. This is our fourth workshop and we now have about forty or fifty people conversant with nonviolent communication (NVC) and one Practice Group meeting twice a month to maintain and build skills in speaking this new "language" of compassion. For more information on NVC, go to <http://www.cnvc.org/>.

We'll be working with a different trainer this year, after several years with Dian Killian of Brooklyn NVC. Jerry Koch-Gonzalez (from the Amherst, MA area) was my first NVC teacher and I still remember the WOW! of that experience. I hope he will bring the same to you in this one- or two-day workshop experience for beginners/review (Saturday) and the more experienced (Sunday).

The spring workshop (March 8 and 9) will be a more advanced session, moving those who have attended several workshops a little further down the road to competence and confidence, so this is your chance to get the basics and some practice under your belt.

I hope you can join us! The [flyer](#) 📄 tells you how to register. Please distribute as you are able to your congregation.

Rev. Margie Allen
Associate Minister
Unitarian Church in Westport.