

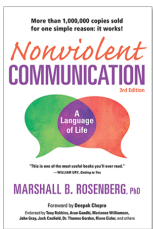


Come and join a Nonviolent Communication Practice Group!

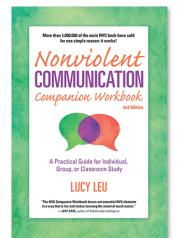
Nonviolent Communication (NVC), sometimes known as Compassionate Communication, is a powerful tool that promotes connection at personal, professional, and political levels. With practice, NVC is one methodology to help connect in the moment by demonstrating how to:

1. listen empathetically
2. identify messages especially challenging or hostile ones such as blame & judgment
3. transform these messages into the underlying need, avoiding "taking them personally", or "losing self-esteem"
4. design requests to meet everyone's needs.

The practice groups will use the books *Nonviolent Communication: A Language of Life* - 3rd edition by Marshall Rosenberg and *Nonviolent Communication Companion Workbook* - 2nd edition by Lucy Leu as texts. (Copies of the books can be purchased on-line at CNVC.org or Amazon.) A formal syllabus will be provided with a proposed schedule for the sessions. To gain more fluency in NVC, it is encouraged to review the material on the syllabus prior to attending the session and attend as many sessions as possible - although it will be possible to gain valuable insights at any of the sessions. Feel free to come and join us at any time.



Rosenberg and *Nonviolent Communication Companion Workbook* - 2nd edition by Lucy Leu as texts. (Copies of the books can be purchased on-line at CNVC.org or Amazon.) A formal syllabus will be provided with a proposed schedule for the sessions. To gain more fluency in NVC, it is encouraged to review the material on the syllabus prior to attending the session and attend as many sessions as possible - although it will be possible to gain valuable insights at any of the sessions. Feel free to come and join us at any time.



The groups will practice the concepts taught in each chapter of the books using a variety of different methodologies such as private introspection, partner dialogs, role-playing, and interactive games.

There is no fee for the practice groups.

Two separate sites - choose a location that works best for you!

Both groups will meet twice a month from November thru June

LAKE COUNTRY UNITARIAN UNIVERSALIST CHURCH LCUUC, W299N5595 Grace Drive Hartland, WI 53029 262-369-1703	ST. ELIZABETH ANN SETON CATHOLIC PARISH, 12700 W. Howard, New Berlin, WI 53151 262-782-8982
<u>Meeting Dates:</u> First Thursday and Third Tuesday of the month from 7-8:30pm. From Thurs, Nov 2-Tues-June 19	First and Third Mondays of the month from 7-8:30pm. From Monday, Nov 6- June 18.

Please Contact Linda Gaughan at LMGaughan@yahoo.com for more information and register for the practice groups.

Please indicate if you are interested in the Hartland or New Berlin NVC practice group in the e-mail.