

# Compassionate Communication

Do you want to learn how to:

**Express** yourself when it's scary? **Hear** what is truly going on for others?

**Sustain** deep and meaningful relationships with those you care about?

**Strengthen** and repair relationships with family, friends, and co-workers?

**Transform** anger and conflict into trust and cooperation?

**Increase Harmony** at home and **Effectiveness** at work?

## This foundation training:

- Presents **Compassionate Communication** originally developed by **Dr. Marshall Rosenberg, Ph.D.**
- Introduces you to the 4 steps of this process for use in expressing yourself, compassionate listening of others, and listening compassionately to yourself
- Will give sufficient information and practice to start using this in your daily life
- Is run in an experiential style working with issues that are alive for you
- Is challenging, moving, supportive and fun

### Presenter: Alicia Nowicki

Alicia Nowicki has been supporting others in learning Compassionate Communication for more than 8 years and has taught these techniques at Atascadero State Hosp. and in the community. Suggested reading: Chapters 1 – 9 of Dr. Rosenberg's book, *Nonviolent Communication, A Language of Life*, prior to the training. Contact Alicia for the book. Also see [www.cnvc.org](http://www.cnvc.org) and [www.CommunicationFromTheHeart.com](http://www.CommunicationFromTheHeart.com)

### When

**Saturday, March 3, 2012**  
**9 AM - 5 PM w/ 1 hr. lunch**

### Where

**Global Alliance,**  
**22720 El Camino Real**  
**Suite C**  
**Santa Margarita, CA**

### Self Investment

**Sliding Scale: \$100 - \$65**

**TO REGISTER** – Complete form below and mail to 3120 Amber Ct., Paso Robles, CA 93446. For more information contact Alicia Nowicki at [alicianowicki@gmail.com](mailto:alicianowicki@gmail.com), or 805.434.1704

## Registration for Compassionate Communication Training

Name \_\_\_\_\_ Email \_\_\_\_\_

Address (street, city & zip) \_\_\_\_\_

Phone(s) \_\_\_\_\_

Date of event \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_

Prior NVC<sup>SM</sup> Experience \_\_\_\_\_