



# *Awakening Our Passion, Living in Compassion:*

**The Embodied Spirituality of  
Nonviolent Communication with**

**Robert Gonzales**

**October 4, 5 & 6, 2013 in  
Bar Harbor, Maine     \$325**

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Engaging in an alive practice of Nonviolent Communication — every day, moment to moment — is a pathway to deeper compassion and clearer consciousness. The essence of *Living Compassion* lies in the capacity to cultivate the beauty of our deepest selves, discovering life and transforming our disconnected experiences. This training will focus on the awareness and consciousness of the “living energy of needs” or “beauty of needs,” and establishing a core for living and integrating Nonviolent Communication into life. In this workshop we will:

- ***Create a clear pathway to identify, experience and cultivate the living energy of needs.***
  - ***Explore the inner awareness to move beyond NVC as a mechanical or rote process.***
  - ***Experience the life-enriching energy of needs which is the spiritual basis of NVC.***
  - ***Identify and transform life-alienating thinking, becoming more fully present to life.***
  - ***Develop a stronger “We” consciousness in relationship and in community.***
  - ***Move beyond the pain of unmet needs to discover the beauty of needs.***
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Because the workshop content will be determined by the skill level and experience of the participants, we request that applicants have a minimum of 20 hours experience with an NVC trainer, or have been a part of an NVC practice group for at least a year, or are in an NVC practice group currently.

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The workshop will be held at the *Atlantic Oceanside Hotel and Conference Center*. Registration will open at 8:00 am on Friday, October 4. The workshop will begin at 9:00 each day, continuing until 6 with an hour and a half break for lunch. On Sunday, the afternoon session will end at 4 pm. A daily luncheon buffet is included in the cost of the workshop.

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Robert’s passion is with the spirituality of the NVC process. He sees NVC both as a process that helps people to connect more authentically with themselves and with others, and as a spiritual practice and way of living. Robert was one of a team of NVC trainers, the NVC Training Institute, who offered in-depth NVC training in the United States and Europe.

Robert Gonzales received a Ph.D. in Clinical Psychology in 1989. He met Marshall Rosenberg and Nonviolent Communication in 1985, and has been offering Nonviolent Communication training in some form since 1986. His original training is as a licensed psychotherapist.

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*October 4 - 6, 2013*

## *The Venue:*

Bar Harbor offers many opportunities for shopping and sightseeing and the Atlantic Oceanside Hotel and Conference Center is a part of this community. The workshop room is quiet and spacious with high ceilings, and good morning light. If you prefer to sit on a cushion, please bring what you need. Please bring any snacks or beverages for morning and afternoon breaks.

If you're from out of town you may stay at the hotel for the conference rate of \$156 to \$174 per night including continental breakfast. All rooms have an ocean view. (Ask for a room in the Nonviolent Communication Block.) They may be reached at 800-336-2463 or 288-5801, or <http://barharbormainehotel.com>.)

A list of other available accommodations (motels, B&Bs, campgrounds) will be sent following registration.

## *Registration:*

Deposit \$100 with application; balance of \$325 fee by September 1; registrations after September 1 total fee is \$350 payable with the application. Please enclose a check for \$100 or you may enclose the total workshop fee with the application. You will receive an acknowledgement within 3 days of its receipt. Make checks to Burton Haggett and indicate "Gonzales Workshop" on the memo line. The number of participants is limited and applications will be processed in the order of their receipt.

Applications received after the workshop has been filled will be placed on a waiting list in the order of receipt. If you register and subsequently find that you will not be able to attend, please notify us as soon as possible so that we can refund any monies paid and contact people on the wait list. Cancellation fee of \$25 after September 1; any refunds requested after September 15 at the discretion of Robert Gonzales. Assistance with housing and limited scholarships are available.

For questions or information about this workshop, please contact Sandy or Burt Haggett at [bhaggett@roadrunner.com](mailto:bhaggett@roadrunner.com) or at 207/288-0085 (between 8 am and 8 pm please).

*Clip and mail to: Burton Haggett, 8 Shannon Road, Bar Harbor, ME 04609*

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

NVC Experience:

I prefer to sit on ( ) chair, ( ) meditation cushions that I will bring ( ) I'd like to alternate

I am ( ) a vegetarian ( ) an omnivore