

"The intention (of NVC) is to create the quality of connection with other people and oneself that allows compassionate giving to take place...for the sole purpose of willingly contributing to the well-being of others and ourselves."

~Marshall Rosenberg

What is NVC?

The material presented in this workshop is based on Nonviolent Communication (NVC), the work of Marshall Rosenberg. Rosenberg observed that violence is reflected in the way we use language. He teaches that all humans share the same basic needs and whatever we choose to say or do is an attempt to attend to these basic needs, such as love, well-being and connection. As we become aware of our own needs as well as the needs of others, we become more empathic and creative in finding ways for all needs to be considered. Learning and practicing simple skills can lead to more connection to needs, bringing about the possibility of more peace within and without.

This event is provided by **Peaceful Purpose Mediation Services**, dedicated to supporting people in developing communication skills rooted in empathy. We offer training, mediation, group facilitation and individual coaching to assist in clear communication, creative collaboration and the normalization of conflict. At Peaceful Purpose we dream of a world where all voices are heard and all needs matter.

Details:

Dates & times for this course are:

Oct 3 & 4, 2015 9:00 am – 4:00 pm
(with 1 hour break for lunch on your own)

At: **Life Ideals**

95 Park St, 2nd Floor
Lewiston, ME 04240

Directions can be found at:

<http://www.lifeideals.net/about.php>

Fee Request:

Early Registration by Sept 1 - \$115

Registration after Sept 1 - \$135

***Participants eligible for General CEU's,
Social Work Credit hours & CADRES
Mediation credit hours***

Make checks payable to Leah Boyd and mail to: 51 Jordan Rd., Buckfield, ME 04220

Contact Leah for more information

Home/Office: 1-877-833-1372

Cell: 207-890-1549

Email: leah@peacefulpurpose.us

FMI: www.peacefulpurpose.us

We value participation by all who wish to attend and will endeavor to create space regardless of ability to pay. Please contact Leah for information.

"It is no exaggeration to say that NVC has changed my life. Leah's teaching style is gentle and firm at the same time. She is sensitive to the shifting dynamics in a group, always present, and compassionate."

~Bonnie Shulman, participant

CLEAR & COMPASSIONATE COMMUNICATION

A 2-day Introductory Workshop

With

Leah Boyd

Mediator/Facilitator/Trainer



Oct 3 & 4, 2015

at

Life Ideals

**95 Park St, 2nd Floor
Lewiston, ME 04240**

Would you like:

- more peaceful relationships with family & friends
- more open communication with your teenager?
- easier collaboration with workmates?
- More acceptance of yourself and others
- More ability to see how conflict can lead to connection?

If so, perhaps this workshop is for you!

About the Trainer:

Leah Boyd is the owner of Peaceful Purpose Mediation Services and is a professional mediator, group process facilitator and individual coach. She offers her services to her private clients as well as for the District Court system. She also sits on the Board of Governors for the Maine Association of Mediators.

Leah has trained extensively in Nonviolent Communication, having studied with 9 different certified trainers since 2005. She is an active candidate for certification as a trainer through the Center for Nonviolent Communication. Leah comes to this work from backgrounds in public school teaching, human resources, and professional music.

Leah is passionate about assisting people in developing the kind of authentic and compassionate communication skills that make truly creative and collaborative connection possible for all.

Leah's facilitation and deep passion for this work guides the individual and the group to open into a very different understanding of human connection. I stood simply, clearly and truthfully with myself. Wow! Whoa! This was POWERFUL stuff!!
~Charlotte LaBelle, participant

This Workshop:

In this workshop you will spend 2 full days learning about and practicing the basic skills of Nonviolent Communication. There will be full group activities, small group activities, and personal journaling time.

You will have the opportunity to experience:

- Practical skills you can put to use immediately
- An understanding of the basic human needs
- A new way to listen (to yourself and others)
- An understanding of the difference between thoughts and feelings
- A felt experience of empathy

I believe the principles and techniques of Nonviolent Communication can literally change the world, but more importantly, they can change the quality of your life. I cannot recommend it highly enough.
Jack Canfield
Author of Chicken Soup For the Soul Series



Registration for Clear & Compassionate Communication at Life Ideals, 95 Park St, Lewiston, ME
Oct 3 & 4, 2015 Early registration by Sept 1 - \$115. Registration after Sept 1 - \$135
Name _____ I understand that this course meets from 9:00 am – 4:00 pm on Oct 3 & 4, 2015
Address _____
Phone _____
Email _____

_____ Enclosed is my check for \$115 for Early Registration by Sept 1
_____ Enclosed is my check for \$135 for Registration after Sept 1

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