

Nonviolent Communication (NVC)*
Three-Hour Basics Training/Workshop
Duke Duchscherer, Trainer

- Learn to identify, connect to and understand needs in yourself and others.
- Practice functional skills to communicate without criticism, blame, and painful misunderstandings.
- Begin building skills to effectively handle conflict, emotional intensity, and tension.
- Experience the power of empathy to liberate natural compassion and heal old pain.

*Come join us and immerse yourself in the gentle, nurturing
consciousness of compassion!!*

Nonviolent CommunicationSM (NVC) is a unique approach to communicating which guides us in transforming painful patterns of relating into new, compassionate ways of acting, expressing ourselves and hearing others. Developed by *Dr. Marshall Rosenberg*, this practical process has been used in war-torn countries; in schools, prisons, corporations, and health care institutions; and in intimate personal relationships. For more information about NVC see the *Center for Nonviolent Communication* website: www.cnvc.org.

Friday, March 23, 2011 6 – 9 PM
Women's City Club
375 Middle St
Portsmouth, NH

Friday Sliding Scale: \$ 25 - \$55
Scholarships Available

To Register and for more information:
Contact Joanne or Lance at 603-436-8085

Duke Duchscherer is a Certified Trainer with the International Center for Nonviolent Communication and a facilitator of Restorative Circles. For the past 17 years Duke has developed experience facilitating peace building, conflict transformation, trauma healing, restorative processes and reconciliation. This experience is reflected in his work with a depth and breadth of peoples and groups from the grassroots to the United Nations on four continents. Duke has a deep passion to find ways to (re)build relationships that acknowledges shared interdependence while affirming the unique strength and beauty in each person/group. His gentle coaching and ability to translate NVC into everyday words has been appreciated by thousands of people worldwide.

***If you are new to NVC and also wish to attend this weekend's Intermediate Basics Workshop you should also have read Marshall Rosenberg's book, *Nonviolent Communication: A Language of Life* and/or have completed viewing of one NVC training DVD.**