

Nonviolent Communication (NVC) Intermediate* Training with a focus on Empathy Duke Duchscherer, Trainer

- Practice hearing "No" and Saying "No" with strength, gentleness and compassion.
- Practice Self-Empathy including mourning our/other's limitations.
- Develop a compassionate relationship with painful internal voices.
- Practice responding consciously and constructively when you and/or the other person are emotionally triggered.
- Receive coaching to enhance your ability to support others through empathy.
- Express anger fully, powerfully yet compassionately and respectfully.

Come join us and spend two days immersed in the gentle, nurturing consciousness of compassion!!

For more information about NVC see the *Center for Nonviolent Communication* website: www.cnvc.org.

Saturday and Sunday, March 24-25, 2012 9 AM - 4 PM
Women's City Club
375 Middle St
Portsmouth, NH
Weekend Sliding Scale Fee: \$125 - \$225
Scholarships Available

For more information/to register: Please contact Joanne/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 peacebuilding, 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.

***This intermediate level workshop is intended to meet the needs of people who have been working with NVC, have read Marshall Rosenberg's book, *Nonviolent Communication: A Language of Life*, been in a practice group and attended other trainings, but it will be open to people who have taken Friday night's workshop.**