

This event is sponsored by Open Communication

Open Communication is dedicated to bringing Nonviolent Communication and empathy skills to Maine. We offer a variety of educational opportunities to individuals, groups and organizations. We seek to support the development of a culture of peace within individuals, families, communities and businesses. We envision Maine as a place where children can flourish and all people thrive sustainably.
www.opencommunication.org



What is NVC?

The Nonviolent Communication model presented in this workshop was developed by peacemaker, mediator and healer, Marshall Rosenberg. Rosenberg's teaching reflects his understanding that violence begins in the language we use. Similarly peace is rooted in the way we communicate with each other.

Rosenberg teaches that everything that people do is in the service of their needs; what they do to others is the best possible thing they know to do to get those needs met. NVC teaches simple skills that enable people to connect with their own and others needs in a way that inspires compassionate response and the possibility for peace – interpersonally and in the wider community.

Details:

Dates for this course are:
March 10, 10:00 am - 5:00 pm
March 11, 9:00 am - 5:00 pm

Unity Center for the Performing Arts,
42 Depot St. Unity, Me 04988

Lunch is included. To support the earth, please bring your own mug from home.

Directions at:

www.unityme.org/theater/directions.htm

Tuition:

Financial request: \$100. \$40 deposit reserves your space. Deposits are refundable up to two weeks before the workshop begins. After that date they are non-refundable.

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

All are welcome.

Make checks payable to Peggy Smith and mail to her at:
2807 Atlantic Highway, Lincolnville, ME 04849
Contact Peggy for more information
Phone: 207-789-5299
Email: peggy@mainenvcnetwork.org

Minimum enrollment 10 people, please register early to ensure workshop viability.

"This training was excellent. I found Peggy's explanations and exercises very useful and gained many new insights."
Jim, Southwest Harbor

Growing Peace Within Me And the World

Level 1 Workshop
In Nonviolent Communication

Peggy Smith, trainer



**March 10, 2010
10 am - 5:00
March 11, 2010
9 am - 5 pm**

Unity Center
for the Performing Arts
42 Depot Street
Unity, Me 04988

About the Trainer:

Peggy Smith is the only certified trainer with the Center for Nonviolent Communication living in Maine. She has been sharing NVC for five years. Peggy taught elementary & middle school for 32 years. She brings her extensive teaching skills, humor and presence to this work. With her new business, Open Communication, Peggy offers workshops, seminars and coaching to individuals, organizations and businesses. Peggy has studied with Marshall Rosenberg, (founder of NVC) and other internationally recognized trainers. Peggy has also studied with Zen teacher and social activist, Thich Nhat Hanh and is an active member of his Order Of Interbeing.

A co-founder of the Maine NVC Network, NVC For ME and Open Communication, she is passionate about bringing compassionate, authentic communication skills to Maine.

www.opencommunication.org
peggy@opencommunication.org

“The greatest revolution in our generation is that of human beings, who by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

- Marilyn Ferguson

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*

Level 1: Introduction to Nonviolent Communication (NVC)

This workshop introduces participants to the basic understanding and practice of NVC.

Participants will practice

- expressing themselves authentically and . . .
- listening with empathy by
 - observing facts without evaluation, interpretation or judgment
 - identifying and expressing feelings
 - expressing the needs behind those feelings
 - formulating clear and concrete requests for actions

Empathy is our focus.

- Presence, deepening our experience
- empathy for ourselves
- empathy for others
- empathy in the family, at work, in conflict

The quality of our lives and our relationships begins with the quality of our communication with ourselves and each other. We will learn to release judgments of ourselves and others, and to speak more authentically from the heart. We will learn tools to stay centered and in our compassionate nature when we are triggered by someone’s words or actions, and to resolve conflict in ways where everyone’s needs are met.

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

Registration for Level One, The Island Institute, Rockland, March 10 & 11, 2010.

Financial request is \$100 with a deposit of \$40. I understand that the remainder is due at the beginning of the first session.

Name _____

I understand that this course meets on March 10 & 11, 2010.

Address _____

Phone _____

Email _____

_____ Enclosed is my check for \$40 to save my place in the workshop. I understand that the remainder is due at the beginning of the first session.

_____ I am enclosing the entire amount.

_____ I prefer a vegetarian _____ or omnivore _____ lunch selection.

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