

Living Compassion: Building Practices and Processes

An NVC Workshop with
Robert Gonzales



December 4, 5, & 6 in Bar Harbor, Maine **\$250**

Building the practices and processes of Living Compassion is a way of engaging in an alive practice of Nonviolent Communication — every day, moment to moment. It is a pathway to deeper compassion and clearer consciousness. These processes, that Robert has developed over time, serve to deepen self-awareness, self-compassion and living compassion in relationships. The processes include:

- ***Deepening Awareness of the Beauty of Needs***
- ***Transforming the Pain of Unmet Needs to the Beauty of Needs***
- ***Compassionately Embracing/Transforming Core Beliefs***
- ***Preparation for Authentic Dialogue***

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 a year, or are in an NVC practice group currently.

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

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 is one of a team of NVC trainers, the NVC Training Institute, who offer in-depth and continuing 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.

Living Compassion -- December 4-6, 2010

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 carpet, 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 \$109 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 three minute drive from the hotel is the Aurora Inn which offers rooms at a lower rate -- \$69 per night. You'll find them at <http://www.aurorainn.com> and at 800/841-8925 or 288-3771.

Registration:

The total workshop fee is \$250. Please enclose a check for \$100 as a deposit or, if you prefer, you may enclose the total workshop fee with the application. You will receive an acknowledgement within 3 days of its receipt. The remainder of the fee (\$150) is due by November 1st. The total workshop fee for applications made after November 1st is \$300 payable with the application. Make checks to Burton Haggett and indicate "Gonzales Workshop" in the memo line. The number of participants is limited by room size so 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. A cancellation fee of \$25 will be charged for all cancellations after October 1st. Any refunds requested after November 24 will be given at the discretion of the workshop organizers.

For questions or information about this workshop, please contact Sandy or Burt Haggett at 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