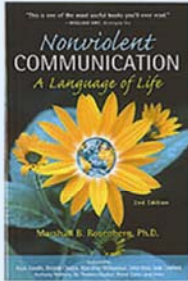


Compassionate Communication Workshop

Learn to connect with others in a deeper and more satisfying way



This workshop is based on the work of Marshall Rosenberg and his book *Nonviolent Communication; A Language of Life*.

Nonviolent Communication (NVC or Compassionate Communication) is a language of compassion, a spiritual practice, and a tool for positive social change. This workshop will explore the basic model of Nonviolent Communication and its applications to real life situations. The practice of Compassionate Communication supports the creation of a world that works for everyone through a heightened awareness of what gets in the way of natural giving and receiving.



This workshop will help you:

- ✳ Improve communication and connection in your relationships
- ✳ Identify and understand your feelings and needs in a deeper way
- ✳ Communicate in a way that offers greater possibility of others actually hearing what you are trying to say

Deepak Chopra, M.D.,
Perfect Health

"Nonviolent Communication connects soul to soul, creating a lot of healing. NVC provides us with the most effective tools to foster health & relationships."

Jack Canfield,
Chicken Soup for the Soul

"The principles and techniques of NVC can literally change the world, but more important, they can change the quality of your life with your spouse, children, neighbors, coworkers and everyone else you interact with. I cannot recommend it highly enough."



Workshop Facilitator: Reverend Lori Woodley, M.Div.
Unity Minister & Peacemaking Consultant

Lori was introduced to NVC early in her ministerial studies and found the practice to be an answer to the disappointment and frustration she experienced in her relationships. Lori has trained with several certified NVC trainers and actively continues her studies. Lori teaches NVC as an adjunct faculty member at Unity Institute, in churches, and organizes workshops.

Lori@peacematters.com

Unity Church of Des Moines

414 31st Street, Des Moines, IA 50310 Phone 515.274-2782

March 5th & 6th (Friday 7pm – 9pm - Saturday 9am – 5pm) Cost \$25

We would like to have a community lunch on Saturday. Friday night we will be ordering lunch for Saturday, to be purchased individually, or you may bring your own lunch on Saturday.