

# CHOICES...

A foundation introduction weekend of teaching and experiential learning in

## NONVIOLENT COMMUNICATION (NVC)

developed by Marshall B. Rosenberg PhD

with Gayano Shaw

*Nonviolent Communication* is shared throughout the world and in my experience it offers a very practical approach to supporting choice in how we communicate. It can be of value in both personal and professional lives: families, friendships, mediation, education, work, social and social change organisations..

### Communicating with honesty and compassion...

My intention for the weekend is to share the model, key tools and processes of NVC through working with examples from day to day life and your own experiences. The focus will include:

- listening to yourself and others with compassion.
- speaking to others without blame or judgment.
- asking for what you want in a way that is more likely to help you get it.
- finding ways through conflict to understanding and acceptance....

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Where: Pumsaint near Lampeter

When: 21<sup>st</sup> and 22<sup>nd</sup> May

Time: 11am - 6pm

Contribution: I would like to receive anything from £0.00 - £130

I offer this sliding scale as a way to support choice and access within personal and organisational means...  
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Further information and booking: 01558 650747 or [gayano@ymail.com](mailto:gayano@ymail.com)

For more information on NVC: [www.cnvc.org](http://www.cnvc.org) and [www.nvc-uk.com](http://www.nvc-uk.com)

"The dynamic communication techniques of *Nonviolent Communication* transform potential conflicts into peaceful dialogues. You'll learn simple tools to defuse arguments and create compassionate connections with your family, friends, and other acquaintances."

John Gray, Ph.D. Author of *Men are from Mars, Women are from Venus*